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metroLIFE remembers Alan Rickman & René Angélil

Vanessa Hanel has made a full-time job for herself growing microgreens for hungry Calgary customers.
JENNIFER FRIESEN/FOR METRO

MICRO ECONOMICS

Calgarian sprouts microgardening gig from the ground up

metroNEWS

Bishop blasts guidelines on LGBTQ policy

EDUCATION

Claims plan ignores views of Catholic community

Aaron Chatha
Metro | Calgary

LGBTQ anti-discrimination guidelines released by Alberta Education have come under fire from a Calgary Catholic bishop who calls them a totalitarian approach that must be rejected.

Bishop Fred Henry, in a post to the Calgary Diocese website, said the guidelines showed no evidence of consulting with the Catholic community.

"God created beings as male and female," he said. "In his plan, men and women should respect and accept their sexual identity."

He also blasted GSAs as politicized ideological clubs, which seek to cure society of homophobia and heterosexism, saying that view of sexuality is not Catholic.

Education Minister David Eggen said his office has been working with Catholic school boards and will be meeting with relevant leaders in the near future.

"This is all part of an ongoing dialogue," he said. "This is how we build a greater understanding and acceptance for all."

Angela Reid, board member of the Trans Equality Society of Alberta, said they respect the bishop's right to opinion, as well as the diverse beliefs of Albertans.

"But there's an expectation that the school system, being a creation of the provincial government, cannot discriminate in any way against the citizens of that government."

AND THE OSCAR GOES TO... SOMEONE WHITE
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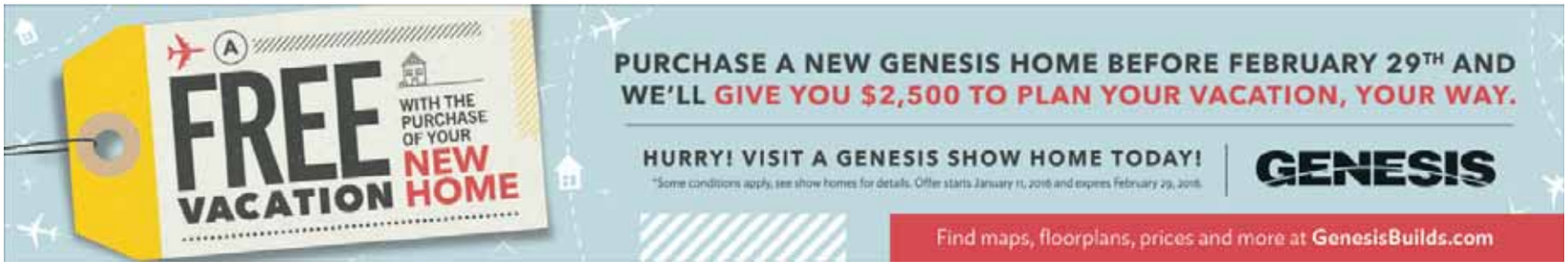
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Your essential daily news
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Netflix will crack down on customers who use proxy services to view content not available in their countries. **Business**

College pledges $100k in scholarships to refugees

EDUCATION

School says funds could help up to 10 Syrian students

Lucie Edwardson
Metro | Calgary

The future of 10 Syrian refugees is looking a little brighter, after a local college has pledged $100,000 in scholarships to attend its school.

ABM College president Mohammed Baten said the idea behind the scholarships is simple: to give back.

"I was a refugee to this country when I came so I want to give back now," he said.

Baten said education is the key to success in Canada, and without scholarships like this, many refugees might not have the opportunity to attend post-secondary school.

"If you have an education in Canada it's much easier to integrate into society," he said. "They have come here with nothing, so we just want to help those people who really need the immediate help."

Million Tafesse, immigration consultant for Canadian Immigration and Employment Consulting Services Inc. (CIECSI), said there are many positive aspects to the gesture.

"This will, number one, help them achieve so many goals," he said. "Number two, they will get an education that is up to the western standard which makes them employable quickly. And number three, they will improve their English language and integrate much quicker."

Nasreen Siddiqui, registrar at ABM College, said students will have the option of choosing from many courses that can lead to careers as medical office assistants, business administrators, massage therapists and legal assistants.

"We can have meetings with them together and see how we can assist them and what would be the best courses for them," she said. "Our student advisers will help them find something that is suited for them and the market."

Siddiqui said as a primarily immigrant-based college, they felt the need to do their part for the refugees.

"We know the hardships people face when they come to a new country," she said. "When we came to the country we were helped by many people and many agencies and now it has to be continued.

"One light to lift up another light."

They have come here with nothing, so we just want to help those people who really need the immediate help. Dr. Mohammed Baten

ABM College president Mohammed Betan said **the scholarships will help refugees integrate into Canadian society.**
JENNIFER FRIESEN/FOR METRO

TRANSPORTATION

Taxi driver fined, fired over guide dog refusal

An inspector for the City of Calgary says a taxi driver has been fined $700 and fired for refusing to provide service to a passenger with a guide dog.

Mario Henriques, Calgary's chief livery inspector, says there is no excuse for refusing a guide dog, explaining that municipal, provincial and federal legislation all requires it.

All taxis are equipped with CCTV cameras, so it was easy to review the video to get a full picture of what transpired.

Henriques says the issue is a key one that is covered in driver-training classes, which the driver involved would have been required to take.

Dave Balfour, who is legally blind, says he filed the complaint after he and his service dog, McCoy, were denied entry to a cab last week.

"I was hanging out with a friend over at a local pub and called a cab to take us home, because it was very cold that night," says Balfour. "The cab showed up, I went out to get in and he said, 'no you can't get in.' I tried to reason with him a little bit, being as friendly as possible, trying to let him know this is the law and you can't say no."

The 33-year-old called 311, and filed an official report with the city. Officials quickly responded.

"The city takes these instances very seriously," says Henriques. "It's one of the reasons why we regulate taxis in the first place: to ensure everyone has fair equal access." THE CANADIAN PRESS

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IN BRIEF

Swimming pool to stay on campus at SAIT

The swimming pool at SAIT Polytechnic will remain a part of campus wellness centre facilities.

Last year, as part of SAIT's ongoing planning process, two options were put forward for renovating Campus Centre.

Students, staff and community users of Campus Centre were consulted and most groups favoured keeping the pool.

The pool will close for maintenance this summer, but will reopen in September 2016.

Any plans to reconfigure Campus Centre will begin after SAITSA vacates the building, tentatively scheduled for late 2018. METRO

Corrections

In a story titled, "Fentanyl deaths to double: Expert" that appeared in the Metro Calgary edition on Jan. 14, incorrect information appeared. The story referenced the drug Xylazine as breaking down the central nervous system. It depresses it, according to AHS.

The story referenced a Massachusetts study, saying fentanyl deaths could be reduced by 46 per cent, when it should have said "opioid" deaths could be reduced by 46 per cent when one kit was given out per 1,000 population. The story referenced an AHS survey finding the majority of Albertans are interested in obtaining naloxone.

It should have read that the survey found the majority of "AHS Safeworks clients" are interested in obtaining naloxone. Metro regrets the errors.

One of the speakers is known to have referred to homosexuals as "filthy, disgusting things."
Junaid Jahangir, economics professor, U of A

Professor Junaid Jahangir says speakers have made hateful comments in the past. KEVIN TUONG/METRO

Take hate out of speech: Prof

TOLERANCE

Openly gay Muslim raises concern about guest speakers

Sanam Islam
Metro | Edmonton

An openly gay Muslim professor is raising concerns about what he says are hateful views of Muslim scholars invited to speak at the University of Alberta by a student association.

"Members of the Muslim Student Association have a right to believe what they believe," said Junaid Jahangir, an economics professor at U of A, about three scholars that the Muslim Student Association has asked to speak during Islamic Awareness Week next week.

"The problem arises when they present speakers known to have spread misogynist, antisemitic and homophobic views," he said.

The Muslim Student Association has invited Abdullah Al Andalusi, Jamal Badawi and Abdullah Hakim Quickto to discuss the Qur'an for the event, which seeks to create a dialogue with students about Islam.

But Jahangir said he's uncomfortable because of past comments the speakers have made.

"One of the speakers is known to have referred to homosexuals as 'filthy, disgusting things.' That subjects vulnerable Muslim youth to hatred," Jahangir said, who added he has support from some local interfaith leaders and other university professors.

As a Muslim, Jahangir said he's also worried the speakers may provide Islamophobes with more material to spread hatred.

Amna Hussain, an MSA executive, said the group collaborated with Muslim student associations across western Canada before selecting them.

She said, ultimately, the group has the right to invite whoever they'd like.

"We can't back down solely because a professor doesn't agree with them. That would be censorship, and we don't do that at a liberal arts university."

Hussain hopes people to attend the speaker sessions to make up their own minds.

"Instead of making allegations, we encourage everyone to come and attend and ask the speakers questions directly. They can clarify what they said and in what context," Hussain said.

During last year's Islamic Awareness Week, the U of A forced the MSA to move its speaker component off campus. Hussain said they were not given a reason but she assumes it's because other groups raised similar concerns.

"We felt there was a bit of censorship," she said.

"Known Islamophobes have been invited (to speak) on campus before, but there was no issue with them being hosted."

FUNDING

Not-for-profits get boost

Brodie Thomas
Metro | Calgary

Not-for-profit organizations will be getting a boost from the province and city this year.

On Friday, the city's Family and Community Support Services (FCSS) board will discuss funding allocations for 2016.

Melanie Hulsker, manager of strategic services for Calgary Neighbourhoods, said FCSS is a joint provincial-municipal program that provides stable, long-term funding to community not-for-profits.

The province provides about 75 per cent of the total funding, while the municipality provides the other 25 per cent and oversees distribution.

"In the last budget that the province made, they opted to increase the funding from the province for $25 million across Alberta," said Hulsker.

For Calgary, that amounts to an extra $7.7 million.

Hulsker said $2.8 million will go to existing FCSS partners. They will also put out a call for funding proposals later this year so that other not-for-profits can tap into the other $4.9 million.

Elsbeth Mehrer, director of external relations at the YWCA of Calgary, said FCSS funding is something the organization can count on annually to support its services — including community outreach and career counselling.

"It's really critical to continuity of services for the YWCA," she said, noting this is the first time in eight years the program has seen a boost.

"The cost of delivering critical services goes up year over year. To have the province and city recognize that is really important," she said.

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PIPELINE

Regulator fines local company for oil leak

A Calgary-based company has been fined over a pipeline breach that spilled 537,000 litres of oil emulsion in northern Alberta over 48 days.

The Alberta Energy Regulator says Pengrowth Energy Corporation failed to properly detect, report and deal with the spill near Red Earth Creek.

The regulator says the mixture of oil and oilwell salt water leaked between Dec. 1, 2013, and Jan. 18, 2014, before the company became aware of the spill.

Pengrowth has been fined $250,000 for breaching Alberta environment and public lands laws.

Rob Borth, the regulator's director of enforcement, says in a report that Pengrowth lacked knowledge, training and management oversite of the pipeline.

He said those shortcomings included being able to detect leaks. "Aggravating factors include indicators of the poor performance and operation of the pipeline were not well understood, incorrect assumptions were made by field staff and procedures were not followed," says the report posted on the regulator's website Thursday.

"I find Pengrowth lacked diligence concerning the failure to report the release, failure to remediate and for the loss or damage to public lands."

Officials at Pengrowth were not immediately available for comment.

The company's website says Pengrowth is an intermediate Canadian oil and natural gas producer with more than 27 years of operating history.

The regulator says the company has since cleaned up the area affected by the spill.

THE CANADIAN PRESS

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The Rocky Mountain Civil Liberties Association has submitted a freedom of information request for data on the police practice of carding. LUCIE EDWARDSON/METRO

Group to look into carding

CIVIL LIBERTIES

Police official says policies to be reviewed and updated

Brodie Thomas
Metro | Calgary

The Rocky Mountain Civil Liberties Association isn't sure if police carding is an issue in Alberta, but they're trying to get some data to find out.

The group has submitted a request under the Freedom of Information Act, and upon receipt they plan on making the results public once they receive them.

Carding is defined as a police officer asking a citizen for ID, noting information from it, and keeping that information in a database.

Kelly Ernst, president of the association, said they received a few calls in November from people with questions about carding, and didn't feel they were qualified to answer those questions.

"At the time CPS were in the news saying carding is not an issue in Calgary," said Ernst.

He said aside from citizens, they've also heard from individual police officers who say it is a problem.

Sat Parhar, acting deputy chief with Calgary Police Service, said the issue of carding seemed to arise in Toronto, where police were going into economically depressed areas and asking for IDs.

He said his understanding is that police were sometimes asking random people for ID.

"In Calgary that doesn't happen, said Parhar. "In Calgary you have to have lawful reason to talk to a person."

> **We want to make sure we aren't infringing on the public and their privacy.**
> Sat Parhar

Parhar said if an officer does have a lawful reason for stopping a pedestrian, they may fill out a checkup slip and that information goes in a database.

He said CPS is currently reviewing and updating their policy on this. Some changes will be based on what happens in Toronto.

"We want to make sure we aren't infringing on the public and their privacy. Those are very important to us," he said.

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"The development on which we're currently working is a beautiful 130-acre property that sits directly in front of the Pacific Ocean", states Gordon Poole, HolaEcuador's vice-president of design and construction. "It is located 60 kilometers south of Manta. Of the 1,700 lots on the development, there are only about 300 left unsold", he adds.

"Infrastructure is coming along quickly, and construction is well underway, with 150 homes completed and many more starting this year. A beautiful outdoor sports facility is now operational, businesses are beginning to set up shop and the parks are simply breathtaking. A few years from now, this little slice of heaven will be the envy of investors who didn't seize the opportunity", says Poole.

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For now, Ecuador remains a relatively well-kept secret. Properties are much more affordable than in similar destinations. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place," says Poole.

Lots on HolaEcuador's Pacific coast development start at US $21,900, while construction of a two-bedroom, one-bathroom house starts at US $69,900. "The country is amongst the safest in Latin America and the currency is the US dollar, which is very reassuring for investors," adds Poole.

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Canada benefits from its large Indian population

DIVERSITY

People from Asian nation lead world in migration

Aaron Chatha
Metro | Calgary

Humanity is globetrotting, as an enormous amount of people now live in a country other than the one they were born in, according to a new United Nations report.

Indians make up the largest diaspora population — 16 million Indians are scattered across the globe, raising families and pursuing careers in new homes.

For Dr. Anmol Kapoor, who moved in Canada in July 2000, it was an easy decision — Canada is where he could do the most good.

"When I heard about Canada, and I heard about the public-health system, I realized I could see patients and I don't have to ask them for money," he said.

"I can treat them without influence by anyone and do the best for them."

Dr. Anmol Kapoor immigrated to Canada in 2000. AARON CHATHA/METRO

Kapoor got his doctorate in Canada, and saw opportunity in Calgary as the northeast part of the city, at the time, was lacking in medical specialists like him.

Public systems, such as infrastructure, were also not riddled with corruption like in India.

"India is a great place, it will always be home and you always have a special connection to home," he said.

"But there was something missing there. There was a lack of infrastructure, a lack of good research and a lack of honest, charitable work."

"I haven't met anybody who feels like they're not happy to be here. This is a great country ... It's a wonderful symphony of different cultures. Rishi Nagar, news director of RedFM

He said in India, things like getting electricity, water or medication for patients became a huge pressure.

Many people from the Indian diaspora see their home country as a place where it is hard to get things done.

Rishi Nagar, news director with RedFM, Calgary's Punjabi radio station, said he is familiar with that struggle.

"There are so many issues," he said about India. "It's hard to find proper jobs there. There's not enough to support the population.

"No. 1, though, I wanted a better future for my kid, who was so tiny then. It was hard for us to make ends meet, so why not bring him to a country where he can be safer?"

Nagar first applied for a Canadian visa under the skilled workers category in 2002 — it took him seven years to finally land in Canada, and only in 2015 did he finally attain his citizenship. But the long struggle was worth it for him.

"I haven't met anybody who feels like they're not happy to be here. This is a great country," he said. "Any citizen, from any nationality, when they come here, they bring their culture. It intermingles here, it's a wonderful juxtaposition; it's a wonderful symphony of different cultures."

Although he had a journalism degree, Nagar worked as a security guard for many years until an opportunity at RedFM presented itself.

"Had we that many opportunities in India, I don't think Indians would have left in that many numbers," said Kapoor.

Both Nagar and Kapoor said Canada is a land where much more is attainable. To show their thanks for a country they have fallen in love with, they take pride in giving back to the community.

Kapoor annually organizes Dil Walk, to increase awareness of heart disease. DIl is Punjabi for heart.

THE STATS

Global immigration now at 244 million

According to the UN, 244 million people now live in a country other than the one where they were born. After India, Mexico has the second largest diaspora, with 12 million people living abroad.

MUNICIPAL POLITICS

Cities look hard at sprawl

Tim Querengesser
Metro | Edmonton

Calgary mayor Naheed Nenshi appears to have opened a fractious debate in Alberta this week by asking developers pay for suburban sprawl, as a similarly polarizing argument in Edmonton has now gained volume.

Nenshi and Calgary councillors voted unanimously Monday evening to scrap the city's so-called "sprawl subsidy," a decision Nenshi described in an oped as one of "most important" of his time in office.

The subsidy saw Calgary pay to build infrastructure such as roads and sewers for new suburban developments, but cost the city an estimated $33 million in 2012 alone, according to Nenshi.

In Edmonton, city council voted long ago to require developers to pay for infrastructure into new suburbs. Nenshi's boldness has nonetheless reinvigorated Edmonton debates about the hidden price of that sprawl.

Edmonton Coun. Andrew Knack said Thursday the arguments will only intensify in the future as they are already part of the ongoing Municipal Government Act (MGA) review, and will feature prominently in the next city election in 2017.

But while attention may now have focused on the price of sprawl, Knack said Edmonton and Calgary struggle to tally the true bottom-line cost.

Both cities "don't really factor (maintaining suburban infrastructure) into the cost of operating," Knack said, adding that simple road maintenance, snow removal and park servicing in suburban neighbourhoods, "all incrementally add up."

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Flu deaths prompt vaccination call

HEALTH

Officials say influenza virus has intensified

Jeremy Simes
For Metro | Calgary

Though demand has been low for the flu shot this year, Alberta health officials are again reminding Albertans to roll up their sleeves for the vaccine.

According to Dr. Martin Lavoie, Alberta Health's Acting Chief Medical Officer of Health, the virus has intensified. As of Thursday, there were 84 Albertans admitted to hospital, a jump of 30 cases compared with last week, Lavoie told reporters.

Five people have also died so far this year, due to flu-related complications. Last week, there were no deaths in the province.

"Influenza is here in Alberta and we're now seeing a tragic toll," said Dr. Gerry Predy, AHS senior medical officer of health. He said one death is too many.

According to Dr. James Dickinson, who's part of the University of Calgary's community flu surveillance program, there hasn't been much influenza action for researchers to understand this year's strain.

This year's vaccine seems to be a good match for the H1N1 strain, he said, adding the match for H3N2 is reasonable.

"We really won't know (how the match fares) until we've got enough to test by the end of this year," he added

Around this time last year, 23 Albertans had died from complications but Lavoie said this season's seems to be blooming later.

The number of hospitalizations in the province due to the flu has jumped this week. METRO FILE

ATB Financial says the persistent low oil price will bring the worst in Alberta's economic downturn. CANDIAN PRESS FILE

ECONOMY

Experts predict rough start to 2016

Alberta's Crown-owned bank is predicting the first six months of this year will be the roughest yet in the current economic downturn.

ATB Financial is forecasting the petroleum industry will continue to shed jobs due to the unrelenting drop in the price of oil, with Fort McMurray and Calgary taking the hardest hit.

"We do see the first half of 2016 probably being the toughest months of this recession for Albertans," ATB chief economist Todd Hirsch said Thursday.

"We will see more contractions in the economy, we will see more layoffs and that will add to a heightened unemployment rate."

Hirsch said the provincial unemployment rate could climb to eight per cent from seven per cent by the middle of the year.

Alberta's unemployment rate in January 2015 was 4.7 per cent.

The ATB report forecasts weaker consumer demand for housing and retail products. It also says it is possible that more people will leave Alberta than move to the province.

Hirsch said the economy is expected to start turning around by the end of the year.

"By the end of 2016 we do see some of these heavy clouds of pessimism start to lift off the province, but the first half of the year will be tough for a lot of people."

The ATB report comes a day after Alberta's NDP government announced a freeze on the salaries of 7,000 public sector managers for two years in the face of dropping oil and natural gas revenues. The salary freeze is expected to save the province $57 million.

Hirsch said any jurisdiction that depends on petroleum revenues right now is suffering, including Saskatchewan and Newfoundland and Labrador.

$6.1B

Alberta's forecasted budget deficit this year.

Despite the gloomy forecast there are some pockets of optimism in ATB's economic outlook.

The report says other sectors of Alberta's economy, such as agriculture, forestry and tourism, are doing well, due in part to the weak Canadian dollar. But Hirsch said even when measured together, their effect on the economy will not offset the steep drop in the price of oil.

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CALGARY'S UNSOLVED MURDERS

Although there have been no homicides yet in 2016, the Calgary Police Service homicide unit is keeping busy with 13 unsolved cases from 2015. Over the coming weeks Metro will be revisiting these murders in an effort to assist police with their investigations.

Police were on scene and had the street blocked off in the hours that followed the seven-person shooting on New Year's Day 2015. METRO FILE

Abdullahi Ahmed, 26

Of seven people shot at a southwest Calgary house party early New Year's Day 2015 in southwest, Abdullahi Ahmed was the only fatality.

Six other people were also shot around 5 a.m. Jan. 1, 2015 at a home in the 1900 block of 36 Street SW, where about 50 people were attending a party, according to police. Those victims were treated for a range of less serious injuries.

One man was taken into custody by police, but no charges were laid after CPS determined he was "an invited guest at the party."

Abdullahi Ahmed FACEBOOK

Investigators continue work to determine the motive for the attack and an exact sequence of events.

Murat Osman Omar, 23

Just after 3 a.m., Friday, Jan. 2, 2015, police were called to the 1400 block of 8 Street NW for a report of gunshots. Upon arrival, a man in his 20s was found dead in the alley, the victim was identified as Murat Osman Omar.

Police believe Omar was the victim of a targeted attack.

Detectives have identified a vehicle of interest and sought public assistance in locating and identifying the vehicle, but to no avail. The vehicle is believed to be a 2000 to 2003, silver Acura MDX.

Murat Osman Omar FACEBOOK

Investigators still do not believe the homicides of Murat Omar and Abdullahi Ahmed are related; however, the investigations continue.

Cuong Hoang, 46

Also known as Andy Cuong Hoang, the man's body was found in the 0–100 block of Auburn Sound Circle SE on Jan. 29, 2015, after police were called to a reported shooting at roughly 9:30 a.m. that day.

Hoang appears to have been convicted in connection to heroin and cocaine trafficking in 2000, according to documents from Alberta's Court of Appeal. Hoang was convicted and sentenced to six years, six months and was called a "lower-level middleman" by sentencing judge C.S. Brooker.

A beige minivan believed connected to the incident was located Jan. 30 in the city's southeast.

Investigators don't believe this was a random incident; however, a motive has yet to be determined. Anyone with information into any of these murders is asked to contact police by calling the homicide tip line at 403-428-8390, or Crime Stoppers anonymously at 1-800-222-8477.

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ECOLOGY

Wolf lovers huff, puff over cull tactics

Brodie Thomas
Metro | Calgary

The image of the big bad wolf is nothing more than a fairy tale, according to a group of concerned citizens who are trying to change government policy on wolves.

Tamara Barnes, the organizer behind wolfmatters.org, said she and other volunteers believe the province's attempt to manage wolf populations is too heavy-handed and say it's time to update the plan.

"There's no word of conservation in (the management plan) at all. Our aim is to get that changed as well as get a few things banned," said Barnes.

She said members of the group include former government employees and biologists that specialize in wolves.

Her group wants to see the use of strychnine to cull wolves outlawed.

In the case of the Little Smoky caribou herd, Barnes believes wolves are being used as a scapegoat to account for population decline when logging and oil-industry operations are to blame.

Matt Besko, head of wildlife management policy for Alberta Environment and Parks, said industrial changes to the landscape do make it easier for wolves to hunt caribou, such as the Little Smoky herd.

He said there are long-term plans to better manage industrial footprints on the landscapes, but in the short term he said action needs to be taken against predators or we will risk losing the caribou altogether.

Besko said wolf populations are healthy and that they know this, in part, because they're expanding their territory.

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John Rutherford plays on Stephen Avenue. He has busked in Calgary for years and likes the city's new plan. HELEN PIKE/METRO

City to sell top busking locations

CULTURE

Other changes in pilot include indoor spots, amplification

Helen Pike
Metro | Calgary

The City of Calgary is amping up its busking program with a new pilot to span one year of music in 2016.

Last year, the city took the summer to analyze how its buskers program was working. After hiring musician Matt Masters to engage with buskers and draft a report, the results are in.

Among the biggest changes is a $50 fee, for the year, which gives the user access to premium spots within the city. These "busk stops" are in high-traffic business revitalization zones identified as ideal busking locations. So far, the city has identified eight stops in Kensington, 17th Avenue and Stephen Avenue mall, with more to be added as BRZs come forward.

"We really decided that busking is all about giving people a chance to try their wings and see what they're good at," said Sarah Illey, manager of culture with the City of Calgary. "The public is a pretty good critic. They'll get a sense pretty soon as to whether or not this is a successful way to continue. We wanted to make sure that we left the spontaneity in busking."

Other changes include the use of amplification at those premium spots and select indoor spots now available at Calgary Transit stations.

Although the city was mulling a single entry system, buskers will still have to pay $25 and get a police information check for access to transit busking locations. An audition is no longer required.

John Rutherford, a long-time busker and artist in Calgary, is interested in snapping up one of the $50 identifications.

"I'd be very interested in testing out the environment, the policy, how Calgary's working with the year of music," Rutherford said.

$50
Annual cost to gain access to premium "busk stops"

Buskers are still welcome to use their IDs anywhere in the city, excepting the busk stops, for free.

"We think that free busking ... is perfect for emerging artists, but once you're established and you can really keep people happy for an hour, that's when you're really going to want to pay for a busk stop."

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STARS draw kicks off 30th birthday

LOTTERY

Dream home is top prize as not-for-profit aims for sellout

Jennifer Friesen
For Metro

Andre Van Driesten was only 16 years old when he found himself in danger and completely cut off from every exit-route. The Fort Macleod teen was on his way home from a skiing trip on a crisp February afternoon when he fell into an epileptic fit, which stopped his heart.

A friend called 911, but a train accident left ambulances no access. Luckily, STARS (Shock Trauma Air Rescue Society) soon arrived to airlift him to a Calgary hospital. "I'm so thankful," said Andre, now 19. "If it wasn't for them, I wouldn't be here right now, that's for sure." Andre told his story on Thursday morning at the 23rd annual STARS Lottery kickoff, along with his parents, John and Aleida.

> **If it wasn't for them I wouldn't be here right now.**
> Andre Van Driesten

"When you see that STARS helicopter flying above you, and you know your son's inside, that's something else," said John. "We have to keep those birds flying, it's a must. It's the only link we have in rural areas."

The 2016 dream home is set in Harmony, a new development in Rocky View County. The home is one of five grand prizes, with tickets available at starslotteryalberta.ca.

VITAL FUNDING

STARS is celebrating its 30th birthday this year, after saving more than 30,000 lives across Alberta — a feat that Sean McBurney, STARS board of directors, said wouldn't be possible without the annual lottery.

The STARS Lottery has sold out for 22 years, which is setting record across Canada. And with more than 3,200 prizes this year, valued at $5.6 million, they said they hope to keep that record going. Approximately 70 per cent of the funding for STARS comes from donations, and with the lottery raising an average of $11-million each year, McBurney said the lottery is a "huge part" of keeping the red helicopters flying.

1. **John, Aleida and Andre Van Driesten** celebrate the 23rd annual STARS lottery dream home on Thursday, three years after Andre's life was saved by the service.
2. **Living room:** The living room fireplace is made with Urban Ave Fall Stone.
3. **Bathroom:** The 2016 STARS lottery dream home is equipped with heated tile floors and a rain-head shower.
4. **Kitchen:** The kitchen boasts state-of-the-art appliances, including a Wolf burner gas cook top.
5. **Bedroom:** The simple master bedroom comes fully furnished. ALL IMAGES JENNIFER FRIESEN/FOR METRO

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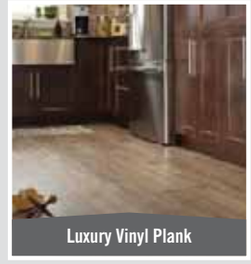
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Medical student Mathew Palakkamanil demonstrates the powerful green laser. He co-authored a study looking at how these lasers affect pilots. JEREMY SIMES/METRO

Pointing lasers at pilots 'a big issue': Study

U OF C

Temporary blindness caused by cheap devices

Jeremy Simes
For Metro | Calgary

It's a blast of green that's putting pilots in a bind.

According to University of Calgary researchers, pilots struck by laser pointers while flying airplanes are experiencing temporary blindness.

No, these aren't those tiny laser pointers used for powerpoint presentations. These are Chinese military-grade devices that can cut through metal, according to Dr. Michael Fielden, a Calgary ophthalmologist and assistant clinical professor at the Cumming School of Medicine.

They're also cheap, he added.

So, Fielden partnered with medical student Matthew Palakkamanil to study how the green dazzlers affect pilots.

The study — believed to be a Canadian first — looked at Canadian pilots from one major airline who had been struck in the eye by a laser.

Pilots flying between April 2012 and November 2014 were required to undergo a mandatory eye exam by Fielden.

The good news?

The pilots didn't become permanently blind, Fielden said.

The bad?

It's annoying, causes temporary blindness and causes unsafe conditions, he said.

"It's a big issue," he said. "(Pilots) are ducking when they see a laser, but when they look — and the light hits their eyes — they are dazzled for a couple of days, and are not allowed to fly until they're checked by me."

Green lasers were used in 92 per cent of the flying incidents, according to the study. Pilots also experienced exposure from less than one second to 20 seconds.

> **I believe these lasers will jeopardize aviation safety.**
> Matthew Palakkamanil

Palakkamanil said he has a personal connection to the research — he's also a student pilot.

"Ten years ago, it wasn't an issue," he said. "I believe these lasers will jeopardize aviation safety if effective preventive measures aren't put in place."

According to Transport Canada, 502 laser strikes were reported in 2014, a jump of 43 per cent from about 215 incidents in 2012.

Those who point lasers at planes can face a fine of up to $100,000 or prison time, if found guilty.

ALBERTA NEWS

Minister Eggen touts tourism progress

Alberta's minister of tourism applauded efforts of his national counterparts to commit to promoting indigenous tourism across Canada.

Minister David Eggen made the comments after tourism ministers from across the country met in Winnipeg this week.

Eggen said tourism is a bright light in Alberta's economy, citing the Alberta Market Monitor report that shows a 15 per cent increase in visitation to Alberta's national parks and six per cent increase to historic sites and museums.

The ministers' commitment to promoting tourism in Canada's indigenous communities impressed Eggen.

"I applaud the federal government's commitment to support continued growth of Indigenous tourism in Canada. Alberta is working closely with Indigenous communities to further develop its own tourism industry," Eggen said.

METRO

Calgary Transit to unmask new LRT cars

The secret is being guarded under lock and key. Like, it's literally under wrap.

Calgary Transit will unmask its new-look "Mask" CTrain car today in a refresh of the current cars in use by the city's transit operations.

Mayor Nenshi will join Mac Logan, GM of Transportation for the City of Calgary and Doug Morgan, Calgary Transit's director for the unveiling.

The cars have a new set up and features for Calgary transit commuters. METRO

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PREMIUM PACKAGE W/LEATHER AND PANO SUNROOF!!! ONLY 33,000KM'
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3 TO CHOOSE FROM!
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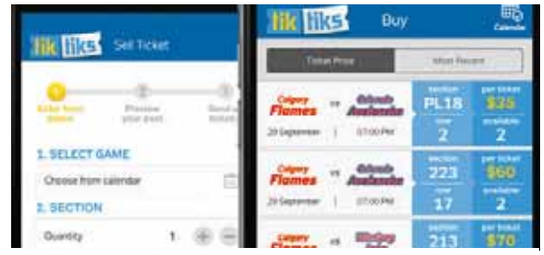
MOST PROMISING STARTUPS OF 2016

Although Calgary has typically been known as an oil and gas city, Kari Gordon, executive director of Startup Calgary, said more diversification is needed – and happening – as Startup Calgary enters 2016. Gordon shared with Metro what she believes are the top three promising startups leading into 2016. **AARON CHATHA** METRO

Enthrill — This Calgary startup offers gift cards in brick and mortar stores to sell e-books. COURTESY KEVIN FRANCO

Knelf — Badges and games help guide users through personality assessments. COURTESY KNELF.COM



TikTiks — A way for Calgary Flames season ticket holders to sell tickets for games they can't attend. COURTESY ANDREW BROWNE

Local startup Enthrill is a publishing company that brought e-books to local retailers — through the use of e-book gift cards.

"They are definitely a company making moves in Calgary," said Gordon. "They've been able to do some expansion into the local grocery stores and drug stores with their platform."

Gordon said 2016 will offer an opportunity to really see the country grow as it expands through Canada and into the U.S.

The gift cards, available in a variety of denominations, are available in certain Calgary Safeway, Sobeys, Co-Op, Mac's and Walmart locations.

The gift cards, naturally, allow e-books to be given as gifts, and, along with the company's delivery software EndPaper, allow publishers to send e-books to any device. It also allows e-books to be sent without downloading additional software.

Website: enthrill.com

Knelf — which stands for knowledge of self — is an online platform for personality assessments.

Instead of taking you through a questionnaire, Knelf makes the process more like a game by adding small games, visuals to questions and letting users unlock personality badges as they progress.

"It's a really interesting platform, a little bit obscure in a way, but I think they're going to have some legs in 2016," said Gordon.

The aim is to help people grow personally and professionally by learning more about themselves.

All data collected through the website is anonymous and aggregated to identify correlations and predict human behaviour.

The site also includes character training games, which concentrate on developing specific character traits, like emotional intelligence, ethics and resilience. The developers liken it to training muscles.

Website: knelf.com

TikTiks is an iOS and Android app that allows people to buy and sell tickets to Calgary Flames games.

Gordon said the startup seems particularly promising, as the model they've adopted adapts well to the economy.

"It's a second market for NHL tickets, so season pass holders can sell, rather than losing that money if they're not going to the game," said Gordon.

"It adjusts to the economy, providing an opportunity to still allow the product to move hands, while prices adjust themselves according to the economy."

The app launched last April, as the Flames headed into the playoffs, and became very popular, very fast, according to its developers.

A Facebook page where season pass holders would sell or trade tickets inspired the idea — but the developers hoped the app would create a more efficient, safe means of doing that.

Website: tiktiks.com

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Tony Grimes of Pixels and Pints notes his event is popular for new grads and second-careerists alike . AARON CHATHA/METRO

Local tech scene thrives

INNOVATION

Businesses saw growth amid economic downturn

Aaron Chatha
Metro | Calgary

Calgary's tech scene saw big growth in 2015. Innovate Calgary, a hub of Calgary's technology community, said they saw a 40 per cent increase of business over the previous year.

"That's not unusual for us, because of the last five years, business is up on a cumulative basis by 800 per cent," said Peter Garrett, president of Innovate Calgary which is a technology and business innovation centre that helps the growth of local start ups.

In an economic downturn, Garrett said much of the tech sector's growth was thanks to new ideas and risks being taken by university students and recent graduates.

He said 2015 "was a particularly good year for really exciting new companies coming out of the universities."

"We've got a lot of bright young minds in our post-secondary institutions."

Tony Grimes, creator of Pixels and Pints, an annual meeting where developers can chat about ideas over pints of beer, said attendance has grown annually for the last few years, including a bump in 2015, thanks to new graduates.

"They come out and now they don't know what to do," said Grimes. "Our world is very bipolar — youth can get a 9 to 5, you can get a contract or you can do both."

Grimes explained that the freedom of the industry, to set your own hours, potentially work from home and delve into passion projects, is what makes it so appealing.

But new graduates weren't the only ones creating industry growth — Jeremy Shaki, chief talking officer at Lighthouse Labs, said the economic downturn meant many former engineers and oil industry workers were pivoting to new careers.

Lighthouse Labs increased the number of programming bootcamps they offered in 2015, and continue to add more going into 2016, as many professionals looking for a new career find the option of an eight-week bootcamp more appealing than a new two- or four-year degree.

40%

Innovate Calgary said they saw a 40% **increase of business over 2014.**

Shaki said perceptions around programming and coding have changed in the past few years — where once it was an intimidating field many thought they couldn't enter without a degree, now potential programmers see it as an industry with a high need for skilled labour, and a welcoming community to newcomers.

RIDESHARING

Uber optimistic about bylaw changes

Ryan Tumilty
Metro | Edmonton

As Uber celebrates a year in operation in Edmonton, staff said Thursday they're optimistic changes in the city's proposed rideshare bylaw will keep them in business.

The company's general manager, Ramit Kar, said initial concerns they had about fees for drivers appear to have been worked out with a new proposal coming forward to have small fees charged on each ride, rather than one upfront cost to the driver.

"It scales to the size of the business and it's what works in jurisdictions that have been regulated," Kar said.

He said that while they haven't seen the final rules, he believes the company will be able to stay in Edmonton.

"From what we have seen so far I am optimistic we can continue operating in regulated environment," he said.

The company launched in Edmonton in December 2014, but celebrated its birthday Thursday with a promotion that delivered free cupcakes to people who request them.

Kar said the company has signed up about 4,000 drivers in Edmonton and has had 90,000 people in the region download the app. He declined to talk about the company's revenues in the city.

He said the city has been a great market for Uber.

"We have seen hyper rapid growth that brings us where to we are today," he said.

The city's bylaw requires that rideshare drivers have both insurance and licences that are acceptable to the province. Kar said conversations with the provincial government are also going well.

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Chance to be Little Prince has Calgary actress flying

YYC SCENE

Sarah Caraher plays lead role in world stage premiere

Jeremy Simes
For Metro | Calgary

As soon as Sarah Caraher puts on her boots, she knows she's the Little Prince.

It's a tale that's either touched your childhood or it's something you've never heard of.

Regardless, Theatre Calgary is set to unveil the world premiere of The Little Prince — based on the beloved children's book by Antoine de Saint-Exupery — on Tuesday.

It's a story about a strange boy from space who falls in love with a flower but, in the interim, meets a disenchanted pilot who crashes his airplane in the Sahara desert. Inadvertently, the prince helps the pilot reopen his heart to the world.

Caraher knows the story well, including the quirky character she plays.

She studied the book in her Grade 12 French class back in Ontario, learning the subtleties of the piece that prompted her to try out for the main role.

"It's such a huge piece of literature," she said. "I'm so happy I encountered the book prior to the stage production."

Now 22 and fresh out of St. Clair College's Music Theatre Performance program, it's Caraher's first major role as a young performer.

Besides, she's used to playing children roles, she said with a laugh.

"I think this was up my alley — I get mistaken for being a lot younger than I am, you know, I'm five-foot-two," she said. "I think it's great fun playing children. In this business you have to figure out what you're good at and what makes you stand out."

The show's cast members had to go through multiple auditions to be selected for the show and, on her final test, Caraher knew she had a shot.

"The more I auditioned, I kind of thought I might actually get this part," she said. "Near the end, I got pretty excited about it."

As it turns out, she was captivating.

Caraher is cast alongside some of the bigger names in Canada's musical theatre world, including Adam Brazier (who plays the Pilot), Louise Pitre (the Snake) and Elicia MacKenzie (the Rose).

And it's those performers — on top of others involved in the production — that have helped Caraher develop professionally.

"I've learned a lot from the cast mates," she said. "Everyone is so talented — they are so good at what they do, so to be immersed in that environment is fantastic for me."

Though The Little Prince is based on a children's book, there's something very adult about the character that proves grown-ups can learn something, too.

"The Little Prince is all about being less of a grown-up. Stop worrying about the numbers and focus on the people you love."

Plus, the musical doesn't follow the traditional story — you learn a little more about some of the characters along the way.

Sarah Caraher stars as the Little Prince in Theatre Calgary's world premiere based on the book. CONTRIBUTED

> **The Little Prince is all about being less of a grown-up. Stop worrying about the numbers and focus on the people you love.**
> Sarah Caraher

DETAILS

The Little Prince previews at the Max Bell Theatre Tuesday night, and runs until Feb. 29.

Weekend events in Calgary

FRIDAY — SONGS FOR SYRIA

Presented by Musicians for Refugees YYC, Calgary's biggest classical musical ensembles and choirs are raising funds to support sponsorship of Syrian refugee families. Performers include members from the Calgary Philharmonic Orchestra chorus, Spiritus Chamber Choir, Double Treble and the Women's Ensemble, among others. Pianist Charles Foremen will also perform. There will be a silent auction before the event, which takes place at the Rozsa Centre. Tickets start at $16.51.

SATURDAY — HOMEXPO 2016

The 45th annual Homexpo features 250 exhibits that include storage solutions, fine art and appliances. There will be guest presenters by designers and TV personalities like Sarah Richardson and Tommy Smythe. There also will be pro seminars on interior design and home improvement. Runs from 10 a.m. to 6 p.m. Tickets are $10 for adults and $8 for youth and seniors.

SATURDAY — CALGARY, I LOVE YOU, BUT YOU'RE KILLING ME

Part of High Performance Rodeo, this One Yellow Rabbit production asks odd but needed questions about the city: How would you describe its soul? What was Calgary at one time, and what is it now? If it were an animal, what animal would it be? Audience members are encouraged to answer those questions. Show is at 8 p.m. in the Big Secret Theatre. Tickets are $40.

SUNDAY — 50@150 POP UPS

As Canada approaches its 150th birthday, the Calgary Public Library is poised to highlight an eclectic exhibit — titled 50@150 — to get Calgarians talking about their values as Canadians. Exhibits spotlight famous Canadians and ask citizens who they would pair with iconic figures. Showcased at Central, Fish Creek, Crowfoot and Saddletowne libraries. The event is free. JEREMY SIMES/FOR METRO

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If you haven't heard Nathaniel Rateliff's catchy song SOB, you will soon. CONTRIBUTED

From solo to soulful

SCENE Q&A

Nathaniel Rateliff and the Nightsweats to play in Calgary

Jeremy Simes
For Metro | Calgary

Known for his soulful yowl, Nathaniel Rateliff has always kept his music true to his tastes.

Released in June 2015, his third album — titled Nathaniel Rateliff and The Night Sweats — became a worldwide success, thanks to the foot-stomping, hand-clapping prison blues anthem S.O.B.

With the Night Sweats, Rateliff transformed from folk solo artist to soulful lead singer — something that underlines the indescribable magic behind the Night Sweats.

The band is set to play at MacEwan Hall Tuesday at 7 p.m.

Metro spoke to Rateliff about his first gig in town, his changing sound and, oddly, ticket scalpers.

Q: You played at Local 552 back in 2010. It was your first show in the city. What do you remember from that night?

A: Yea, I do remember it. It was a long time ago, but I thought it was great — everyone was super nice. We played in Nanton the next day, which was really odd. But it's exciting to be back.

Q: Local is a much smaller venue than Mac Hall and the other places you've toured. So what it's been like for you to progress as an artist?

A: I guess it means people are starting to pay attention after all these years. I don't know, it's doing totally something different than in the past.

Q: There's more of a soul-twang vibe with the Night Sweats compared to previous works. Where do you think your sound is going?

A: I don't really know, to be honest. We will make another album together, but it's been hard to write anything. I have all these ideas and no time to work on them. We don't try to make the music sound like a throwback to old R&B.

> **We will make another album together, but it's been hard to write anything.**
> Nathaniel Rateliff

Q: To keep it fresh, right?

A: Yea, exactly. We'll do the same thing and write and record songs that I like. Whether others like them is a whole other story. I think if you get too carried away making everybody happy, you make a lot of records you don't like.

Q: Your show is sold out and I know lots in town are trying to snag a ticket. What does that mean for you guys?

A: That's pretty awesome. I get bummed seeing scalpers making more money than what my band members make. So to all the scalpers out there, don't get caught by one of us.

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Madison's 12|12 will be a coffee house, co-work space blend that becomes a restaurant and bar in the evening. CONTRIBUTED

No big cheese at this resto

INGLEWOOD

Nacho place to be run by, for the community

Lucie Edwardson
Metro | Calgary

It's nacho average restaurant, but there will be more than enough nachos for you to choose from.

Madison's 12|12, slated to open in Inglewood in June, is changing the way restaurants operate, including the way they're funded and how they pay their employees.

One of the people behind Madison's 12|12 said they would like to remain anonymous, instead focusing on the community aspects of their business.

"The community funding part just comes from being heavily involved in the Inglewood community," he said. "It really just feels like a small town when you're here and everyone is so nice and friendly."

He said community members who help fund Madison's 12|12 are investors in the company, gaining returns.

Madison's 12|12 aims to act as a blend between a coffee shop and co-work space during the day, becoming a trendy restaurant and bar at night.

Its menu will offer 12 different flavours of nachos as well as salads, breakfast items, coffee and cold-pressed juice.

"Nachos are the last comfort food that hasn't been executed well," said the spokesman. "There are burger joints everywhere, but you go to any pub and they're all serving the same nachos."

Staff at Madison's 12|12 will be paid a living wage, and the company's current goal is to donate $20,000 of profits back into the Calgary community.

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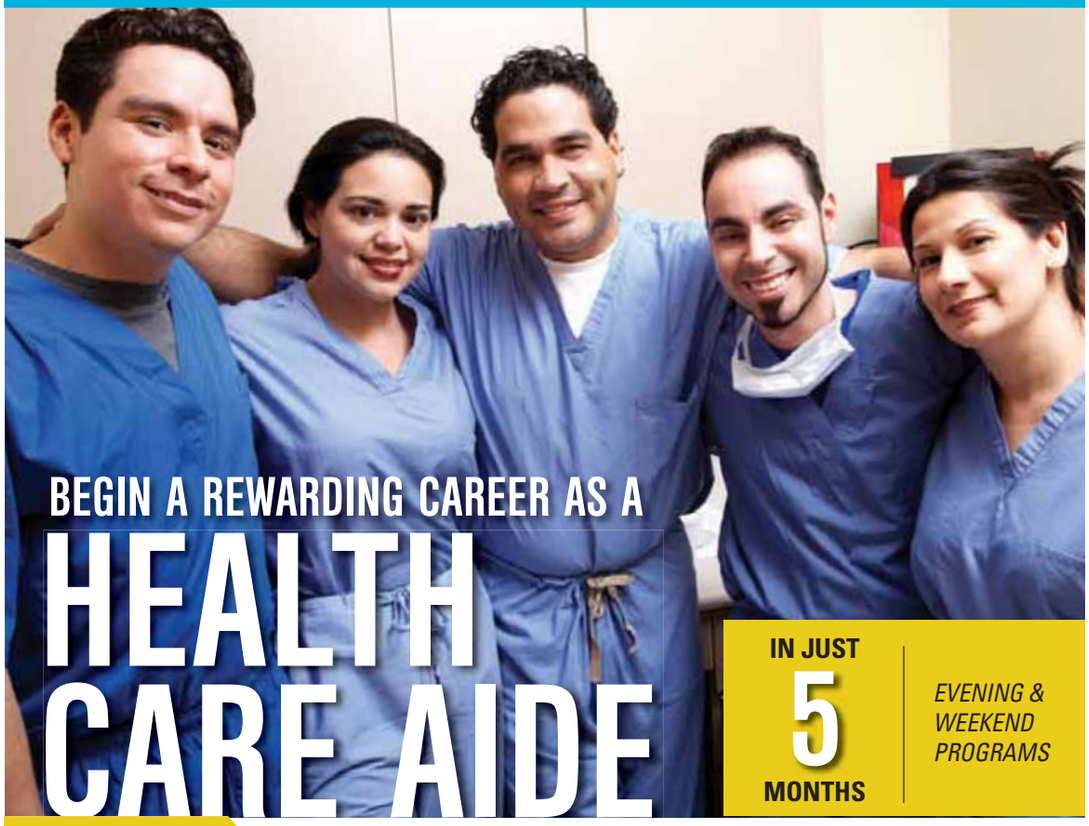

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The 2015 festival attracted hundreds of festival-goers, artists and managers from areas outside the city. COURTESY MICHAEL TAN

CULTURE

Sled Island makes $3.4M for Alberta

Jeremy Simes
For Metro | Calgary

Sled Island proved to be quite the boon for the local and provincial economy.

The 2015 Sled Island Music & Arts Festival produced $3.4 million in economic activity for the province, according to a recently released Tourism Calgary economic-impact assessment report.

"We're thrilled to see evidence of Sled Island's economic impact," said Maud Salvi, Sled Island executive director. "We've always been proud to welcome visitors to Calgary for the festival and now we can see just how meaningful their attendance really is."

Festival patrons and the organization spent $1.4 million, supporting $3.4 million in spin-off dollars for the provincial economy. Of that number, $2.4 million in economic activity occurred in Calgary.

Overall, the event contributed $1.8 million to Alberta's gross domestic product.

"These economic-impact numbers demonstrate the important contribution music and cultural events make to our city," said Jeff Hessel, vice-president of marketing with Tourism Calgary.

"Sled Island is a key contributor to Calgary's vibrant music scene, and we're excited their 10th anniversary will be celebrated as part of the Year of Music in Calgary."

The June 2015 festival attracted hundreds of festival-goers, artists and managers from areas outside the city. Sled Island also bannered more than 250 independent bands, artists and filmmakers.

Other key numbers include $1.1 million in wages and salaries, creating 19 jobs; $572,000 in federal, provincial and municipal taxes; 362 out-of-town audience members and 711 out-of-town performers and managers; 672 hotel-room nights; and 33 per cent of passes were purchased by Calgary's visitors, who spent an average of $550.

"We can't wait to celebrate Sled Island's 10th year with even more visitors and Calgarians this June."
Maud Salvi, Sled Island executive director

Kim Kelln is a photographer turned filmmaker spreading the word about winter biking.
HELEN PIKE/METRO

The cold hard truth of chilly commutes

DOCUMENTARY

Bicicles chronicles struggles of winter biking

Helen Pike
Metro | Calgary

A couple of Calgarians are filming a documentary about something that's completely normal yet somehow contentious at the same time.

It's about how a group of Calgarians commute to work in the winter — by bike.

The film is called Bicicles

"The theme is really about how ordinary and everyday this is — everyone does it, people from all walks of life, people with all types of abilities and people with different riding styles commute by bike in the wintertime," Kim Kelln said.

Kimberley Nelson, vice-president with Bike Calgary, was one of the interviewees for the film. She's no stranger to winter cycling and the myths behind the community brazen enough to face the Calgary chill on two wheels.

"Yesterday was Jan. 13 and it was nine degrees, and that's more typical than anyone thinks about," Nelson said. "If you ask the average Calgarian on the street how often it snows — it snows for five months out of the year — and that's not the case. I think there's a lot of misconceptions and winter gets a bad rap."

Kelln and his partner Rob Reddle make up Bull & Ship Films and Bicicles is their first project as filmmakers. Both are employed full-time and have taken up filmmaking as a passion project on top of their day-to-day work.

The movie will showcase four riders, commuters, as they make their way to work and back home again. Kelln said they've also interviewed city officials, councillors and people in the community as a part of the project.

"All the cyclists we've been talking to are excited about this project," Kelln said.

"They all feel that it's a story worth telling. Mind you, we are preaching to the converted, so to speak — they're all winter cyclists."

The pair did try to reach out to Coun. Sean Chu, but haven't heard back after several tries.

> **"All the cyclists we've been talking to are excited about this project.**
> Kim Kelln

Kelln opes to finish filming by the end of January and then move into production with a tentative release date is September 2016.

If you're a bicycle commuter you might see Bull & Ship Films shooting the morning commute Friday on 5 Street and 12 Avenue — they're hoping to interview commuters, so if you see a film crew be prepared to stop.

Ellen Hadley and Andy Sharp, Winter Bicycle love. COURTESY KIM KELLN

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Clean CarProof. Fully equipped with Panoramic Sunroof, 8-speed Tiptronic S, 21-inch 911 Turbo II Wheels, Heated Rear Seats, Front Ventilated Seats, 14-way Power Seats, Comfort Seat Package, Porsche Communication Management With Navigation Module, Bose Surround Sound System and much more! 34,631 kms.
Stock# P3987
List Price: $90,000
SALE PRICE $84,000 • SAVE $6,000

2013 Mercedes-Benz ML350 BlueTEC
Local vehicle. Accident Free. Silver Metallic on Black Leather. Fully equipped with Premium Package, Sport Package, Bi-Xenon Lights Package, Panorama Roof, Navigation, Back-Up Camera, 4 Zone Climate Control, Heated Seats, Bluetooth, USB and much more. 55,966 kms.
Stock# P3996
SALE PRICE $48,000 • SAVE $5,000 List Price: $53,000

2014 BMW 428i xDrive Coupé
Local Car. Clean CarProof. Mineral Grey Metallic on Black w/Red Highlight Dakota Leather. Premium Package, Heated Steering Wheel, Comfort Access, Auto Dimming Exterior Mirros, Park Distance Control, BMW On-Board Navigation, Sirius XM Radio. 24,724 kms.
Stock# G15724A
SALE PRICE $45,000 • SAVE $4,000 List Price: $49,000

2012 BMW X3 xDrive35i
Excellent Condition. Fully equipped with Technology Package, BMW Navigation w/ Voice Control, Bluetooth, Lumbar Support, Comfort Access, Heated Front & Rear Seats, Nevada Leather, 19" Alloy Wheels, Bi-Xenon Headlights, Rear View Camera w/ Surround View. 128,678 kms.
Stock# P3949
SALE PRICE $29,000 • SAVE $5,000 List Price: $34,000

2013 BMW X5 xDrive35i
Local Car. Clean CarProof. Black Sapphire Metallic on Black Nevada Lthr. M-Sport Package,19-inch Wheels, Executive Edition, Rear View Camera w/Top View, Panorama Sunroof, Park Distance Control Front & Rear, BMG Navigation, Sirius XM Radio. 66,650 kms.
Stock# P4001
SALE PRICE $52,000 • SAVE $4,000 List Price: $56,000

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2012 BMW X6 M

BMW Certified Series Pre-Owned. Exterior: Silverstone. Interior: Black Leather. Clean CarProof. Certified Warranty until January 16, 2017 or 160,000 km. 4.4L V8 engine. All-Wheel Drive. Optioned with BMW Apps, Carbon Black Leather Trim, Executive Package. 68,900 kms.
Stock# P5496

List Price: $69,000
SALE PRICE $60,000 • SAVE $9,000

2012 BMW 650i Cabriolet

Southern Alberta vehicle. BMW Certified Series Pre-Owned. Certified Warranty until 160,000 km or April 2, 2018. Black Sapphire Metalic on Ivory White Extended Nappa Leather. Ideally optioned with Executive, Technology and Premium Seating Packages. 62,600 kms.
Stock# P5447

SALE PRICE $61,000 • SAVE $4,000 List Price: $65,000

2009 BMW 135i Coupé

Black Sapphire Metallic on Black Boston Leather. 3.0L inline 6-cylinder engine. RWD. 6-Speed Automatic Transmission w/ Steptronic M Shift Paddles. Loaded with Premium Package, Premium Sound Package, M Sport Package. 55,285 kms.
Stock# P5438B

SALE PRICE $21,000 • SAVE $4,000 List Price: $25,000

2013 BMW 328i xDrive Sedan

BMW Certified Series Pre-Owned. Clean CarProof. Certified Warranty until January 8, 2019 or 160,000 km. Luxury Line. AWD. Black Sapphire Metallic on Saddle Brown Dakota Leather. BMW Assist, Heated Steering Wheel, Premium & Driver Assistance Packages. 78,545 kms.
Stock# P5491

SALE PRICE $34,000 • SAVE $6,000 List Price: $40,000

2011 BMW 550i xDrive GT

This beautiful, locally owned rare 5 Series Gran Turismo has clean CarProof and will have Warranty until September 6, 2017 or 160,000 km. Neptune Blue Metallic on Veneto Beige Dakota Leather. Optioned with Executive Package & Rear Entertainment System. Only 50,172 kms.
Stock# P5455

SALE PRICE $40,000 • SAVE $6,000 List Price: $46,000

*GST extra. Prices subject to change at any time. See Retailer for details.

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Vanessa Hanel practises urban farming in her basement, growing microgreens. She sells most of her product at market, and supplies a local restaurant too. JENNIFER FRIESEN/FOR METRO

Calgarian sprouts basement business

AGRICULTURE

Green-thumbed micro-gardener harvests mixed vegetables

Brodie Thomas
Metro | Calgary

Vanessa Hanel was not raised as a farm girl.

In university, she studied business, not agriculture. But in the past few years, she's grown her business into a full-time gig for herself, farming right out of her basement.

"I think micro-gardening is probably a good word for it, because it's the size but it's also the product I grow," said Hanel.

She's is the owner of MicroYYC. Her farm takes up one corner of her basement. The setup has a system of trays and lights, and she harvests microgreens on a weekly basis.

The greens are simply regular vegetables, but harvested not long after they sprout.

"One of my more popular ones are sunflower shoots," said Hanel. "It's exactly what it sounds like. I sprout sunflower seeds and when they're a couple inches tall, and green, I cut them and package them."

She packages two flavours of mixed greens — regular and spicy. The regular one has kale, kohlrabi, cabbage and broccoli.

"The spicy one has radish and arugula in it, so that has a bit of a bite," she said.

She packages up her greens and sells them to Gull Valley Growers, who sell them at the Calgary Farmers Market.

Scott Eppel, owner of Gull Valley Growers, said her product always sells very well.

"It's fresh," he said. "She harvests it at night and I get it in the morning."

Her business may be small, but that doesn't mean it's not labour intensive. Hanel said shifting trays and potting soil around can get tiring.

And an indoor crop isn't as risk-free as one might think.

"It doesn't hail in my basement but things can go wrong," she said. "Humidity, that's the main risk — other than that it's pretty predictable."

With her business background, Hanel is thinking about expansion. She said she's like to eventually move into an industrial space somewhere in the city where she can grow even more.

MICROGREENS

- Microgreens are harvested later than sprouts, but are smaller than baby greens.
- USDA research shows microgreens are denser in some nutrients than mature plants.

ENTERTAINMENT

Edmonton-born hairstylist gets Oscar nomination nod

Alex Boyd
Metro | Edmonton

Robert Pandini has received an Oscar nomination in the makeup and hairstyling category for his work on The Revenant.

"I'm floating," he said Thursday from the Vancouver-area set of his next feature film. "My feet haven't been on the ground since 5 a.m. (when the announcement was made) and I don't think I'm going to drop again for five or six weeks."

Pandini, who was born in Edmonton and whose previous work includes Juno and Cairo Time, spent almost a year overseeing hair design on The Revenant.

Most of the film was shot in remote locations in Alberta and he describes the gruelling conditions and long days required to recreate frontier life in 19th century Montana — in winter, no less.

"The challenges of just trying to deal with the elements, and also just trying to make it all happen in the time period … it was one of the hardest films that I've ever done, but also one of the greatest things I've ever done."

He emphasizes he couldn't have done it without the work of the director and the other crew.

"I knew I was involved in a great film with amazing people and you just put your head down and go to work," he said. "I just love what I do."

From streets to mountain peaks

ATHLETICS

Mappy Hour helps runners train during winter months

Lucie Edwardson
Metro | Calgary

Adam Campbell, a two-time Canadian Ultra Runner of the year, wants runners to join him for Mappy Hour on Jan. 25.
JENNIFER FRIESEN/FOR METRO

Adam Campbell is ready to help Calgarians get from the city to the mountain.

Campbell will be speaking at the third instalment of a series of talks in the city hosted at Village Brewery, called Mappy Hour, aimed at engaging local mountain enthusiasts who live in the city, with, of course, a few happy-hour drinks for all.

"It gives them a chance once a month to get together, plan adventures and hear some inspiring talks," said Campbell, two-time Canadian Ultra runner of the year.

His talk, taking place Jan. 25 at Village Brewery, will focus on how to train for summer trail runs in the mountains while stuck in the snowy streets of the city.

"You have to embrace the fact that we live in a winter climate," Campbell said. "But, running on snow is actually a lot like running on uneven terrain in the summer on trails, so it's a great way to ease your body back into running if you've taken a break from it."

He said his talk will explore city trails, hills and other venues and sports to help train for summer trail runs in the mountains. Campbell, who has competed and stood on the podium in famous trail runs around the world — including the 100-mile race around Mount Fuji in Japan, the 100-mile race around Mont Blanc in France and one of the hardest 100-mile races, called the Hard Rock 100, in Colorado — said both experienced and rookie runners are welcome at Mappy Hour.

> **Running on snow is actually a lot like running on uneven terrain in the summer on trails.**
> Adam Campbell

"It's the perfect venue for someone who is new to trail running to meet other people who already know how to trail run," he said. "People can give you tips on what to wear, what kind of footwear is best, and you'll also get a chance to learn about public meetups where people of all ability can go to run."

WILDLIFE

Montana looking at relocating sage grouse flock to Alberta

Montana officials will decide Thursday whether to relocate dozens of sage grouse to Alberta to help restore the struggling bird population in the province.

Several Montana lawmakers oppose the plan. The Environmental Quality Council on Thursday sent a letter to Montana Fish, Wildlife and Parks requesting a three-year block on moving any of the chicken-sized birds out of the country.

Democratic Rep. Jim Keane of Butte says Fish, Wildlife and Parks should instead look to bolstering areas within the state where the bird is in decline.

Last year, federal officials announced restrictions on 67 million acres of public lands to protect the bird's habitat and prevent it from becoming an endangered species.

Fish, Wildlife and Parks director Jeff Hagener says there are an estimated 120 sage grouse in Alberta. The proposal would ship 40 birds from Montana the first year.
THE ASSOCIATED PRESS

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2015 Buick Encore AWD Premium
One owner. Local vehicle. Accident Free CarProof. AWD. Bronze Metallic exterior. Brown Leather interior, Sunroof, Navigation. 10,950 kms.
Stock# 26218A
SALE PRICE $27,851 • SAVE $7,750 List Price: $35,601

2010 Honda Odyssey SE
Trade-in from Medicine Hat. Accident-free CarProof report. Beige Metallic exterior. Rear DVD, Automatic Climate Control, Keyless Entry, Power Driver's Seat. 89,138 kms.
Stock# 27090A
SALE PRICE $18,601 • SAVE $6,000 List Price: $24,601

2010 Honda CRV EX-L 4WD
Originally Purchased at Calgary Honda. Local Vehicle. Came in on trade from a loyal Calgary Honda Customer. New tires. Excellent Condition. White exterior with Leather interior. Power Moonroof, Automatic Climate Control, Keyless Entry, Alloy Wheels. 109,379 kms.
Stock# 26730A
SALE PRICE $17,601 • SAVE $3,000 List Price: $20,601

2007 Mazda Mazda5 GS
Accident-free CarProof. Grey exterior. Well equipped with A/C, 3rd Row Seating, Alloy Wheels, Foglights, Spoiler, CD Player, Keyless Entry, Split Folding Rear Seats, Power Sunroof. 107,390 kms.
Stock# 26750A
SALE PRICE $7,851 • SAVE $2,750 List Price: $10,601

2012 Ford Focus Titanium Hatchback
Came on trade at Calgary Honda. Local Car. Excellent condition. Fuel Efficient vehicle. Automatic. Leather interior, Sunroof, Heated Seats, Park Assist, Alloy Wheels. Fun car to drive. Low Mileage. Only 34,890 kms.
Stock# 26715A
SALE PRICE $14,601 • SAVE $4,000 List Price: $18,601

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One owner. Accident Free CarProof. Premium. 3.3L DOHC V6 Engine. AWD. Silver Exterior on Black Leather. Panormic Sunroof. Enjoy improved steering, superior acceleration, and increased stability and safety while driving this AWD Santa Fe XL Premium. 62,179 kms.
Stock# 06658A

List Price: $30,501
SALE PRICE $26,501 • SAVE $4,000

2014 Hyundai Elantra GT GLS

One owner immaculate Calgary trade in. Accident Free CarProof. Hatchback. Green Exterior. 6-Speed Manual. 2.0L DOHC GDI Engine. Panoramic Roof, 16" Alloy Wheels, Bluetooth. Low kms. Only 9,199 kms.
Stock# 06647A

List Price: $19,501
SALE PRICE $15,001 • SAVE $4,500

2013 Hyundai Santa Fe 2.0T Premium

FWD. Heated Front & Rear Seats, Heated Steering Wheel. Surprising quality accompanied by a high level of performance...this Frost White Pearl on Grey Hyundai Santa Fe Premium could end up being the perfect match for you. 49,031 kms.
Stock# 06750A

List Price: $25,501
SALE PRICE $22,501 • SAVE $3,000

2010 Hyundai Santa Fe GL AWD

6-Speed Automatic. 3.5L V6 Engine. All-Wheel Drive. Remote entry, CD Player, Power Seats. Grey Exterior. 97,615 kms.
Stock# 06321A

List Price: $18,501
SALE PRICE $15,501 • SAVE $3,000

2010 Hyundai Elantra GL Sedan

This clean, well-cared car only has 74,178 kms. Red Exterior. Automatic. Air-Conditioned, Remote Entry, CD Player. Only 74,178 kms.
Stock# 06592A

List Price: $11,501
SALE PRICE $9,501 • SAVE $2,000

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Disabled boy hurt, tossed in dumpster

WINNIPEG

Passerby saved him, but family shocked

When his 13-year-old son came home late from school last week, John Morrissette figured he had just gone on a walk.

It wasn't until the next day that Morrissette found out his intellectually disabled boy, Jean-Micheal, had been found in a Winnipeg garbage bin as temperatures dipped to -15 C.

Morrissette said his son had been assaulted by two men, thrown in the dumpster and left to freeze.

"I was very angry with the guys who would do this to my son," Morrissette said in an interview Thursday. "You can see he's a harmless child."

Nicole Langlois, who works nearby, told CTV Winnipeg that she heard faint cries for help as she walked past the large garbage container. A gut feeling made her return and she found the boy covered with garbage.

"All he kept saying was, 'Help. They pushed me in here,'" Langlois said.

"She's my son's angel," he said. "I thank her every day."

The family is appealing to anyone who might have seen anything to come forward.

"You don't jump a kid in daylight and nobody see it," he said. "My son can't identify them. But somebody can."

"Be my son's voice, somebody."

THE CANADIAN PRESS

John Morissette, right, with his son Jean-Micheal, 13. THE CANADIAN PRESS

Prime Minister Justin Trudeau and Jennifer Flanagan, centre, President and CEO of Actua, after taking part in a virtual reality tour **at the new Google Canada Development headquarters in Kitchener, Ont., Thursday.** NATHAN DENETTE/THE CANADIAN PRESS

ECONOMY

Diversity key to growth: PM

Shifting away from reliance on oil and other commodities is key to Canada's economic recovery and future growth, an upbeat Prime Minister Justin Trudeau said on Thursday.

Speaking at the opening of Google's new Canadian headquarters, Trudeau acknowledged the pain many people are feeling amid an unprecedented slump in oil prices.

"The recent troublesome news coming out of Alberta and elsewhere is, unfortunately, not a surprise — we saw the trend lines coming," Trudeau said.

"That is why we put forward an ambitious agenda to invest in Canada, to count on Canadians to be able to bounce back from low commodity prices by diversifying."

> **box quote box quote box quote box quote box**
> Name of person

Despite the "difficult times," Trudeau said he was optimistic about the country's prospects, saying the opening of Google's 17,000-square-metre facility was an example of the "positive news" in the economy.

Canadians, he added, have much to offer the world in terms of innovation.

"There are tremendous bright spots," he said.

Trudeau spoke of the increasing importance of the high-tech sector to the country's economic future, with computers and how to program them critical to the sector's success in a world undergoing "extraordinary changes."

Earlier in the day, the Liberal prime minister stopped by at the University of Waterloo to announce $12 million for research into clean-water technologies.

THE CANADIAN PRESS

Former Public Safety Steven Blaney was responsible for a portfolio of projects under the National Crime Prevention Strategy. ADRIAN WYLD/THE CANADIAN PRESS FILE

Feds review crime prevention ideas

GOVERNANCE

Sample of initiatives to be analyzed for effectiveness

Michael Woods
Metro | Ottawa

The Liberal government is planning to put hundreds of Conservative crime-prevention initiatives under the microscope to determine which ones worked — and which ones didn't.

A request for proposals issued Wednesday says Public Safety Canada is launching a year-long study examining the sustainability of crime prevention projects the department has funded.

Starting in 2006 — when Stephen Harper's Conservatives took office — the department has funded about 800 crime prevention projects under the National Crime Prevention Strategy.

The strategy's current priorities, the RFP says, are to address early risk factors among children, youth and young adults that are at risk of offending.

"The priorities include youth gangs, drug-related crimes, reducing recidivism among high-risk groups, enhancing the exiting of sex work activities, and fostering the prevention of Aboriginal communities."

The study would review a sample of the 800 projects to determine the extent to which they have been sustained beyond government funding; in other words, which ones were adopted by non-governmental agencies and other levels of government.

A final report would be due this November, with a presentation to department officials in mid-December.

The National Crime Prevention Strategy has an annual budget of about $41 million.

However, CBC News reported in October that the Conservative government allowed $28 million in promised spending for the National Crime Prevention Strategy to lapse over three years, including $12 million in 2014-15. That's about 30 per cent of the allocated funds.

> **It is important to gather and synthesize national evidence on what works to help guide policy.**
> Excerpt from the Request for Proposals

IN BRIEF

$1.6M of pills intercepted

A Canadian man was arrested while pulling a sled with more than 82 kilograms of prescription pills into the United States.

The U.S. Attorney's office said Cedrik Bourgault-Morin was caught early Wednesday after he crossed Quebec into Vermont.

Prosecutors say agents found 300 vacuum-sealed bags of Xanax pills in a duffel bag on the sled. The pills had a street value of US $1.6 million.

THE ASSOCIATED PRESS

POLITICS

Don't compare me to Trump: O'Leary

Both of them are business titans, authors and TV personalities — one actively running to lead the U.S. political right, and the other thinking about doing the same in Canada.

But if Kevin O'Leary does indeed decide to go into federal politics, it won't be because he's trying to be Donald Trump, the brash Canadian businessman said Thursday.

"I understand what he is doing with the media, and you can certainly claim I am trying to do the same, but I am not Donald Trump," O'Leary said in an interview with The Canadian Press.

"I'm a Lebanese-Irish, I don't build walls (and) I am very proud of the society we're building in Canada, I think it is the envy of the planet."

O'Leary, a Canadian entrepreneur, became known outside business circles on CBC's "Dragons' Den" and its American equivalent "Shark Tank."

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One-Owner Vehicle, Accident Free! AWD, 3.7L V6 Engine producing 328 hp. Silver on Black. Hi-Tech Package, Leather, Moonroof, Backup Camera, BOSE Premium Audio. 52,136 kms.
Stock# P0037
SALE PRICE $26,000 • SAVE $6,000 List Price: $32,000

2011 VW Touareg Comfortline 3.6L
8-Speed Automatic. 3.6L. Grey Extreior with Black Leather. Panoramic Roof, 20-inch Alloy Wheels, Navigation Package, Backup Camera. 54,542 kms.
Stock# P0029
SALE PRICE $33,000 • SAVE $3,000 List Price: $36,000

2014 Honda Accord Sedan EX-L
2.4L 4-cylinder engine. CVT automatic. Grey over Black Leather. Moonroof, 17-inch Alloy wheels, Backup Camera, Lane Watch system, Bluetooth, XM Radio, Dual Zone Automatic Climate Control, Heated Seats (front & rear), Remote Entry w/ Push Button Start. 31,387 kms.
Stock# P0009
SALE PRICE $22,000 • SAVE $4,000 List Price: $26,000

2012 Audi S4 3.0T s-tronic Quattro
Quattro AWD. 3.0L Supercharged V6 Engine. 7-speed s-tronic Transmission. Black on Black. Audi Navigation, Metallic Pearl effect Paint, Rear Parking Sensors, Memory Seats, 19-inch 5-tri-spoke Alloy Wheels, Leather, Moonroof. 94,175 kms.
Stock# P0020
SALE PRICE $31,000 • SAVE $4,000 List Price: $35,000

2014 Nissan Maxima 3.5 SV
3.5L V6 with 290 hp. CVT. Pearl White. Sport & Navigation package, Leather, Dual Panoramic Roof, Alloy Wheels, Paddle Shifters, Upgraded Sound, Power Seats, Alloy Wheels. Only 4,218 kms! Like NEW!
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AWD. Automatic Transmission. Absolute Black Metallic exterior with Red Sport Stripes. Championship Red Lounge Leather interior. Premium Package, Navigation, Sunroof, Heated Seats, Comfort Access, Park Distance Control, Harman Kardon Sound System. Demo. 4,490 kms.
Stock# M15519
List Price: $53,970
SALE PRICE $43,970 • SAVE $10,000

2014 MINI Cooper Clubvan
Pepper White with Carbon Black Leatherette. Automatic Transmission, Auto Climate Control, Media Connect.
Demo. 6,355 kms.
Stock# M15413
List Price: $32,760
SALE PRICE $22,760 • SAVE $10,000

2015 MINI Cooper 3 Door
Clean CarProof. Automatic Transmission. Blazing Red II with Black Leatherette. White Roof and Mirror Caps, Sunroof, Heated Seats, Bluetooth, Front and Rear Fog Lights. 14,197 kms.
Stock# MP0168
List Price: $25,500
SALE PRICE $23,000 • SAVE $2,500

2015 MINI Cooper 3 Door
Clean CarProof. Automatic Transmission. Blazing Red II with Black Leatherette. White Roof and Mirror Caps, Sunroof, Heated Seats, Bluetooth, Front and Rear Fog Lights. 21,741 kms.
Stock# MP0163
List Price: $25,500
SALE PRICE $23,000 • SAVE $2,500

2015 MINI Cooper 3 Door
Clean CarProof. Automatic Transmission. Blazing Red II with Black Leatherette. Black Roof and Mirror Caps, Sunroof, Heated Seats, Bluetooth, Front and Rear Fog Lights, 17-inch Cosmos Spoke Black Wheels. 16,326 kms.
Stock# MP0167
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These refugees were among refugees on a bus sent from Bavaria to Angela Merkel's chancellery in Berlin. AFP/GETTY IMAGES

Syrians rerouted to Merkel on bus

GERMANY

31 refugees transported to Berlin from Bavaria

A bus carrying 31 Syrian refugees arrived from southern Germany in Berlin on Thursday night as a district councillor in Bavaria followed up on his pledge to Chancellor Angela Merkel that he'd send refugees her way if his district could no longer provide accommodation for them.

The act came amid ongoing concerns about how Germany will deal with the 1.1 million asylum-seekers that flooded in last year. Peter Dreier, a Landshut district councillor, said he wanted to "send a sign that refugee policy cannot continue like this."

Dreier said he had talked with Merkel on the phone last year. He said he warned her that Landshut was reaching its capacity for housing asylum-seekers and told her he'd put refugees on buses to Berlin if his district could no longer handle the influx.

The bus arrived shortly after 6 p.m. (1700 GMT) in front of Merkel's chancellery in the centre of Berlin. Several police officers shielded the 31 refugees from reporters as officials asked them to board another bus waiting nearby that was to take them to local shelters. However, the refugees refused to leave the bus and after a two-hour wait in front of the chancellery, the bus left for an overnight accommodation.

Merkel's spokesman Steffen Seibert said in a statement that the city of Berlin had agreed to offer accommodation for the refugees for their first night in Berlin.

The refugees thought of the trip to the German capital as an opportunity and were upset when they found out they had been used by Landshut politicians to make a stance against the federal government's policy, both outlets reported.

Landshut spokesman Elmar Stoettner told The Associated Press earlier on Thursday that all 31 refugees on the bus had been granted asylum in Germany and volunteered to participate in the bus trip.

The federal government has also pledged to provide more than 1 billion euros (1.08 billion dollars) annually until 2019 for social housing, Seibert pointed out. THE ASSOCIATED PRESS

IN BRIEF

Ebola death in Africa after WHO said epidemic over

According to reports, hours after the World Health Organization declared Thursday an end to the deadliest Ebola outbreak ever, the disease was confirmed to have killed one person in Sierra Leone.

The WHO had declared an end to the deadliest Ebola outbreak ever on Thursday after no new cases emerged in Liberia.

METRO, WITH FILES FROM THE ASSOCIATED PRESS

MILITARY

Turkey hits key ISIL positions in Iraq, Syria

Turkish tanks and artillery have attacked the Islamic State of Iraq and the Levant positions in Iraq and in Syria in retaliation for the suicide bombing in Istanbul which killed 10 tourists, Turkish Prime Minister Ahmet Davutoglu said Thursday.

Close to 200 extremists were "rendered ineffective" — the government's term for "killed" — in the offensive in the past 48 hours, Davutoglu said.

It was unclear how Turkey verified the number of dead or their membership in the extremist group.

He spoke a day after Kurdish rebels detonated a car bomb at a police station in southeastern Turkey, then attacked it with rocket launchers and firearms. Six people were killed including civilians, officials said. It was a further sign of the deteriorating security situation as the country grapples with both the Islamic extremists and the rebels who have intensified attacks in the country. THE ASSOCIATED PRESS

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Jakarta suspects arrested

INDONESIA

ISIL claims responsibility for bombing; 3 men in custody

Indonesians were shaken but refusing to be cowed a day after a deadly attack in a busy district of central Jakarta that has been claimed by the Islamic State of Iraq and the Levant (ISIL).

In a new development, police on Friday told an Indonesian TV channel they arrested three men on suspicion of links to the attack that killed seven people including five attackers.

The area near a Starbucks coffee shop where the attack by suicide bombers and gunmen began remained cordoned off with a highly visible police presence Friday.

Onlookers and journalists lingered nearby, with some people leaving flowers and messages of support. A large screen atop the building that houses the Starbucks displayed messages that said "#prayforjakarta" and "Indonesia Unite."

Newspapers carried bold front-page headlines declaring the country was united in condemnation of the attack, which was the first in Indonesia since 2009.

Depok area police chief Col. Dwiyono told MetroTV that the three men were arrested at dawn at their homes in Depok on the outskirts of Jakarta.

Dwiyono says the men are suspected militants and are being questioned over possible links to the attack Thursday.

MetroTV broadcast footage of the handcuffed men being escorted by police.

Risti Amelia, an accountant at a company near the Starbucks restaurant said she was "still shaking and weak" when she returned to her office Friday.

Two civilians were killed in the Thursday morning attack, an Indonesian and a Canadian. Another 20 people were wounded.

Jakarta police chief Maj. Gen. Tito Karnavian has said the attackers had links to ISIL and were part of a group led by Bahrum Naim, an Indonesian militant who is now in Syria.

A message shared on Twitter late Thursday claimed the attack was the work of ISIL, and the U.S.-based SITE Intelligence Group said it was circulated among pro-ISIL groups on other media.

The message said attackers carried out the Jakarta assault and had planted several bombs with timers. It differed from Indonesian police on the number of attackers, saying there were four. It said they wore suicide belts and carried light weaponry.

Jakarta is no stranger to terrorism, with the 2009 bombings of two hotels that killed seven people and injured more than 50. The bloodiest attack by Islamic extremists in Indonesia — and in all of Asia — was in 2002, when a nightclub bombing on the resort island of Bali killed 202 people, mostly foreigners.

Those and others were blamed on the al-Qaida-inspired Jemaah Islamiyah. Following a crackdown by security forces, militant strikes in recent years have been smaller and less deadly, and have targeted government authorities, mainly police and anti-terrorism forces. Experts say ISIL supporters in Indonesia are drawn from the remnants of Jemaah Islamiyah. THE ASSOCIATED PRESS

1 A bouquet of flowers is placed in front of the explosion site on Thursday. GETTY IMAGES **2** The Starbucks cafe where an attack took place displays the message **"Pray for Jakarta."** THE ASSOCIATED PRESS **3 Indonesian servicemen stand guard** as police collect evidence from the site. AFP/GETTY IMAGES

TERRORISM

Canadian man dead

A Canadian man was killed in Indonesia's capital Thursday when gunmen launched a series of co-ordinated attacks police said were linked to the Islamic State of Iraq and the Levant.

Jakarta police chief Maj.-Gen. Tito Karnavian told a news conference that the first attack — a suicide bombing — happened at a Starbucks, causing customers to run outside, where two gunmen opened fire, killing the Canadian and wounding a bystander.

Two other suicide bombers attacked a nearby traffic police booth, killing themselves and an Indonesian man.

Shortly after, Karnavian said, a group of policemen was attacked by two remaining gunmen, using homemade bombs. This led to a 15-minute gunfight, he said.

All five gunmen were killed and 20 people were wounded in the attacks, police said.

Canadian Prime Minister Justin Trudeau said Ottawa was working with Indonesian authorities to confirm the reports of a Canadian killed in the attacks.

"The hearts of Canada and Canadians go out to the people of Indonesia and all the families and victims of these terrible attacks," he said. THE CANADIAN PRESS

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Rob Lawrie attempted to take four-year-old Bahar Ahmadi to Britain from a migrant camp in France. THE ASSOCIATED PRESS

No jail for Briton who helped girl

SMUGGLING CHARGES

Rob Lawrie tried to rescue Afghan from migrant camp

A British man who risked being convicted as a smuggler prevailed in court Thursday, convincing judges that he acted with his heart when he tried to deliver a four-year-old Afghan girl from a squalid migrant camp in France to family members in Britain.

The three-judge panel threw out the smuggling charge — which carried a penalty of up to five years in prison — convicting him instead of the far less grievous crime of endangerment and suspended the 1,000-euro ($1,560) fine.

The court room erupted in cheers at the verdict.

Rob Lawrie, 49, a former soldier and carpet cleaner from Leeds, had been helping migrants as a volunteer when he was caught Oct. 24 by French border police with Bahar Ahmadi tucked away with her teddy bear in a cache in his van. He has since gained a fan club on Facebook and among volunteers like himself who are helping refugees and other migrants.

Rob Lawrie THE ASSOCIATED PRESS

"The French justice system sent out a message today," he said after the verdict. "When compassion is in the heart, compassion will win."

The court cited his "personality" in its decision and said the far less serious conviction served as a "warning."

THE ASSOCIATED PRESS

IN BRIEF

UN Security Council calls emergency meeting on under-siege towns

The Security Council will hold an emergency meeting Friday at the request of Western countries trying to press Syria's warring parties to lift sieges on towns where hundreds of thousands have been cut off from aid and many are starving. UN Secretary-General Ban Ki-moon also stepped up the pressure, calling Thursday for both the Syrian government and rebels to end the sieges before peace talks scheduled for Jan. 25 in Geneva as a confidence-building measure.

THE ASSOCIATED PRESS

Russian jets fly joint mission with Syrian planes

Russian warplanes in Syria have flown their first joint combat mission with the Syrian air force, Russia's Defence Ministry said Thursday. The Defence Ministry said that a pair of Syrian MiG-29 fighter jets escorted two Russian Su-25 ground attack aircraft during Thursday's mission.

THE ASSOCIATED PRESS

MILITARY

French troops to increase by 2,300

President Francois Hollande says France will increase its total number of troops this year for the first time in 10 years, prompted by the extra security measures taken following the deadly Paris attacks.

Hollande said in a speech Thursday the defence budget will reach 32 billion euros ($50 billion) in 2016 and the total number of troops will be raised by 2,300.

France's military is involved in several operations abroad including the anti-ISIL coalition in Iraq and Syria and counter-terrorism operations in Africa's Sahel region.

Last year the French military consisted of a total of 270,000 people, down from 343,000 in 2006.

France remains under a state of emergency since the November attacks that cost 130 lives, with 13,000 troops deployed on its territory. THE ASSOCIATED PRESS

French President Francois Hollande speaks to young soldiers on Thursday at a military school in Guer. THE ASSOCIATED PRESS

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First January hurricane in 78 years

WEATHER

Warning issued for mid-Atlantic Azore Islands

A rare January hurricane formed far out in the Atlantic on Thursday, and U.S. officials said it was the first hurricane to form in the month of January since 1938.

Hurricane Alex's maximum sustained winds were near 140 km/h. A hurricane warning was issued for Portugal's mid-Atlantic Azores Islands, where the Civil Protection Service issued a weather red alert, the highest of four warnings that indicates extreme risk, for five of the archipelago's nine islands. It said residents should expect waves up to 18 metres high and wind gusts up to 160 km/h.

The U.S. National Hurricane Center in Miami said in a Facebook post that there hasn't been a hurricane present during the month of January since 1955, when Alice formed in late December 1954 and carried over into the next month.

The hurricane was centred about 670 kilometres south of Faial Island in the central Azores and was moving north-northeast near 31 km/h. Alex was expected to move near or over parts of the Azores on Friday, the U.S. National Hurricane Center said.

The Azores government on Thursday advised kindergartens to stay closed and told residents to ensure drainage systems aren't blocked.

The archipelago has been threatened by hurricanes before, but they usually lose strength as they move into colder northern water.

THE ASSOCIATED PRESS

This NOAA satellite image taken Jan. 9 shows an area of showers over the Bahamas. WEATHER UNDERGROUND/THE ASSOCIATED PRESS

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MIDDLE EAST

Tunisia celebrates five years of new era

Tunisian teachers, activists and political parties have joined to celebrate five years since protesters drove out their autocratic president and ushered in a democratic era.

The crowd at Thursday's rally included families of those killed in weeks of protests against President Zine el Abidine Ben Ali, who fled on Jan. 14, 2011.

His departure sparked Arab Spring uprisings across the region against repressive rulers that have led to civil war and uncertainty.

Tunisia so far has been a success story, building itself a new democratic political system.

The atmosphere was festive but security was high Thursday on Avenue Bourguiba, a centre of the protest movement five years ago.

Marchers lamented persistent unemployment, which is pushing some young Tunisians to flee for Europe — and some to turn to extremism.

THE ASSOCIATED PRESS

Tunisian teachers, activists and political parties joined to celebrate five years since protesters drove out their autocratic president. RIADH DRIDI/THE ASSOCIATED PRESS

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Balbir Atwal, owner of the California 7-Eleven that sold one of the three winning Powerball tickets, holds up a $1-million cheque from the California State Lottery. RINGO CHIU/GETTY IMAGES

Powerball jackpot shared three ways

U.S. LOTTERY

Winners of record payout have yet to come forward

An unprecedented $1.6-billion Powerball jackpot that became a national fascination will be split three ways, by mystery winners in Florida, Tennessee and California.

The winners did not immediately identify themselves Thursday, but they bought their tickets in Munford, a town of about 6,000 in Tennessee; the modest Los Angeles suburb of Chino Hills; and at a supermarket in Melbourne Beach, Fla., where residents of a nearby housing development were heard partying loudly after Wednesday night's drawing.

Spain's massively popular Christmas lottery, known as "El Gordo," is ranked as the world's richest, though it doles out millions of prizes rather than one large jackpot like the Powerball.

The winners of the world-record jackpot overcame odds of 1 in 292.2 million to land on all the numbers: 4-8-19-27-34 and Powerball 10.

They can let the jackpot be invested and thereby collect 30 annual payments totalling an estimated $533 million, or split $983.5 million in cash all at once.

The huge draw also produced eight $2-million Power Play winners and 73 $1-million winners nationwide, who matched all five white balls but missed the red Powerball, said Sally Lunsford of the Kansas Lottery.

The California ticket was sold at a 7-Eleven; the Florida ticket at a Publix grocery store.

Tennessee officials did not immediately say which of the three Munford stores offering Powerball tickets produced the winner.

That store will get a $25,000 cheque under state rules. Florida's store collects $100,000. In California, a $1-million bonus will be shared between the Chino Hills store owner and the 7-Eleven company.

TV trucks from Memphis quickly arrived in Munford, where people marvelled over the winning ticket and joked about what they would have done with the money.

In Melbourne Beach, neighbours surmised the winner might be someone in a housing development several miles from the Publix where loud partying could be heard, according to Lisa Londini, a professional caregiver who was shopping at the market Thursday.

"The winner could be as close as your neighbours!" she said, visibly excited. "I wish it was me!"

THE ASSOCIATED PRESS

$1.6B

The amount that will be split by winners in Florida, Tennessee and California.

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In this undated photo provided by researchers, volunteer Sergey Gorbunov works at the excavation site of a mammoth carcass in Siberia. ALEXEI TIKHONOV/PITULKO ET AL./THE ASSOCIATED PRESS

Bones show humans lived in the Arctic

HISTORY

Mammoth remains with marks found in Siberia

The remains of a mammoth that was hunted down about 45,000 years ago have revealed the earliest known evidence of humans in the Arctic.

Marks on the bones, found in far northern Russia, indicate the creature was stabbed and butchered.

The tip of a tusk was damaged in a way that suggests human activity, perhaps to make ivory tools.

With a minimal age estimate of 45,000 years, the discovery extends the record of human presence in the Arctic by at least about 5,000 years.

The site in Siberia, near the Kara Sea, is also by far the northernmost sign of human presence in Eurasia before 40,000 years ago, Vladimir Pitulko of the Russian Academy of Science in St. Petersburg and co-authors reported in a paper released Thursday by the journal Science.

They also briefly report evidence of human hunting at about the same time from a wolf bone found well to the east. That suggests a widespread occupation, although the population was probably sparse, they said.

THE ASSOCIATED PRESS

IN BRIEF

Lebanon releases official convicted of terror charges

Lebanon's state-run news agency says a former minister convicted on terrorism charges has been released on bail pending a retrial.

Michel Samaha, an ex-minister of information and ally of Syrian President Bashar Assad, was convicted by a military court on charges of plotting bombings at the behest of Syria. He was sentenced in May to four-and-a-half years in prison.

Surprisingly, the court agreed on Thursday to release Samaha on a $100,000 bail. He was banned from leaving the country pending a retrial. THE ASSOCIATED PRESS

Ten Guantanamo prisoners released, leave for Oman

Ten prisoners from Yemen who were held at Guantanamo Bay, Cuba, have been released and sent to the Mideast nation of Oman for resettlement, officials said, portraying it as a significant milestone in the long-stalled effort to shutter the detention centre.

THE ASSOCIATED PRESS

RUSSIA

Officials burn books published with Soros funds

Russian authorities have burned more than 50 books and pulled more than 500 other volumes from college libraries on the grounds they contain sentiments "alien to Russian ideology."

The books, most of them humanities textbooks, were published with money from the Soros Fund, which in November was declared an "undesirable agent" and forced to stop its work in Russia.

The books were removed from libraries in two colleges in the northwestern Komi region and some were later burned in the school's courtyard.

> In principle, book burning is akin to destroying monuments. It looks very bad and conjures strange historical associations.
> Vladimir Medinsky

The Komi education minister said in a letter dated Wednesday that the books were destroyed to fulfil an order from a presidential envoy requesting that books published with funds from the Soros Fund be removed from circulation.

The letter was sent to a local news site in response to its request for information.

The federal cultural minister told reporters on Thursday that he was unaware of the incident, but said he realizes burning books would be a mistake.

"In principle, book burning is akin to destroying monuments. It looks very bad and conjures strange historical associations which, in my opinion, are totally unacceptable," said Culture Minister Vladimir Medinsky, according to reports from the Tass news agency.

THE ASSOCIATED PRESS

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BANK OF CANADA

Economists predict rate cut next week

A growing number of economists predict the Bank of Canada will cut interest rates next week in response to the economic hit from slumping oil prices.

The move should lead to lower borrowing costs for consumers and businesses, which could boost spending and put further pressure on a falling Canadian dollar. That, in turn, could help boost exports.

However, economists also cautioned that after eight years of record low rates, a further cut could have mixed results. They said the price of houses in overheated markets like Toronto and Vancouver could potentially be boosted, while only modestly helping drive exports.

0.5%
The Bank of Canada's key overnight rate.

The Bank of Montreal and Canadian Imperial Bank of Commerce are the latest to join a chorus of forecasters predicting a quarter-point cut in the central bank rate on Jan. 20.

TORSTAR NEWS SERVICE

Users won't get away with murder: Netflix

STREAMING VIDEO

Company vows to shut down use of proxy services

Netflix says it's planning on cracking down on users who use virtual private networks and proxy services to view content not available in their countries.

Many of the company's distribution deals with major studios and content providers are negotiated on a regional basis, meaning certain titles are only available to users in certain countries.

Some Canadians use VPN services to stream Netflix movies and TV shows available in the United States, which according to the website Netflixable has around twice as many available titles. The U.S. version of Netflix also features more Hollywood blockbusters and recent seasons of popular network shows than its Canadian counterpart.

In a blog post, David Fullagar, Netflix's vice-president of content delivery, said the company is making progress in licensing content across borders, but is now implementing new measures to end the use of so-called unblockers and other proxy services.

The company has always been against the use of such services and has said it takes measures to shut them down, but Fullagar said the company is "evolving" its approach to the problem and the new strategy will be in place in the coming weeks.

According to a April 2015 report by Media Technology Monitor, roughly two in five English-speaking Canadians has a subscription to the video-streaming service, with nearly one-third saying they had accessed the American version of the service.

THE CANADIAN PRESS

One-third of Canadian subscribers admit using unblockers to access the American version of Netflix. ISTOCK/GETTY IMAGES

Hootsuite founder creates cardboard desk

Emily Jackson
Metro | Vancouver

Hootsuite founder Ryan Holmes made his first billion dollars developing a social media platform, but his latest business idea came from an experiment with decidedly low-tech cardboard boxes.

Holmes announced Wednesday the launch of his new company Oristand, which sells easy-to-assemble, ergonomically correct cardboard stand-up desks for $25 US ($35 CDN) — a fraction of the price of typical stand-up desks that sell for at least $200.

A sore back and a desire to try out standing at the office without a major investment gave Holmes the idea to build cheaper stand-up desks, Oristand co-founder Steve Suchy said.

Suchy, who works in architecture and interior design, developed five or six prototypes before landing on the current design, which has no fasteners and goes between sitting and standing "quite effortlessly."

And the company is bullish that people will spend $25 on material they typically throw in the blue bin. The product is precisely designed for easy setup and takedown and is less than an inch thick when flat so can be stored easily.

"We suspect they should last several years at least, which is probably a little more than you'll get out of your average cardboard box," Suchy said.

The cardboard boxes are manufactured in Seattle and can be purchased at oristand.co.

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Siksika Family Services
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Telephone: (403) 734-5140

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IN BRIEF

Wikipedia gets another source of cash
Wikipedia is getting additional money from an endowment that will start with $1 million US donated by Jim Pacha, a software engineer who died in 2014. THE ASSOCIATED PRESS

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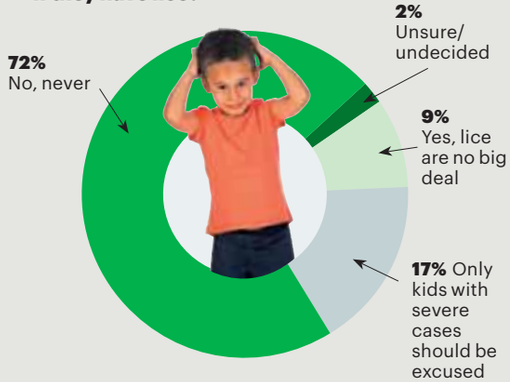
Metro POLL

The facts of lice

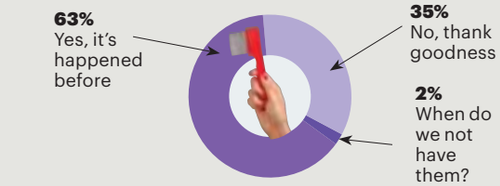
Visit metronews.ca to have your say.

School boards across the country, on the advice of the Canadian Paediatric Society, are revoking the rule that children with head lice must stay home from school. A few creepy crawlies — which cause only mild itching and don't spread disease — are no reason to interrupt kids' education, the society says. Head lice don't spread disease (just embarrassment and anxiety) and many kids who are found to have nits don't actually have lice, leading to a lot of unnecessary absences. So why the uproar about letting lousy kids in the classroom? We asked our readers.

1 Should children be allowed to attend school if they have lice?



2 Have your children or anyone in your family ever had to deal with lice?



3 If you are OK with kids who have lice attending school, why?

66% I'm not OK with that!
11% Sending kids with lice home is stigmatizing
11% Lice are not worth interrupting education over
4% You can't keep ahead of lice, no point in trying
4% Lice is not that big a deal
4% Other

"It's more embarrassing for children to attend school with lice than stay home until they are treated."

"The problem was never-ending when my four children were small. It's not a disease, it's an everyday issue."

"A 24-hour rule is enough as long as the parent does their part."

"Between the shampoo and the coin laundry, lice end up costing hundreds of dollars to get rid of."

WE ASKED Metro readers

Time to crack up the myth of mid-life crisis

Genna Buck
Metro | Toronto

Watch out for that mid-life crisis. Dad will fall into a deep depression and climb out with a shiny motorcycle and a half-his-age girlfriend to match.

Until recently, that idea was both accepted science and conventional wisdom.

But a new study — the first to follow Canadian adults' happiness over a long period of time — tells a different story.

The paper, in the journal Developmental Psychology, throws cold water on the notion of a mid-life crisis. Put scientifically, it challenges the theory that happiness (the measure of how satisfied people report they are with their lives overall) follows a U-shaped curve throughout life (carefree youth, miserable middle age, happy old age).

The researchers used two Canadian data sets, representing about 1,600 people. One followed a group from age 23 to 37 and asked them periodically about happiness — and each time, they reported feeling happier on average. The set looked at a different group from age 18 until 43. They said they were happier from their teens to 30s, with just a very slight drop at 43.

"We can't read too much into that," said Nancy Galambos, the lead author and a professor of psychology at the University of Alberta. "Even with that slight dip, they were much happier at age 43 than they were, on average, at age 18 or in their early 20s."

Because this was a longitudinal study (it followed the same people over time), I'm apt to trust it over past "snapshot"-style studies that surveyed people of different ages and concluded happiness dips in mid-life.

That method is flawed, Galambos says. We don't know how today's teenagers will feel in their 40s. Asking today's 40-year-olds won't get us closer to the answer. And one-off studies often reflect ups and downs, not trends. Immediate circumstances (work stress, kids-stress, etc.), at the time a person is answering a survey can throw off the results.

So why does life look up as we get older? Stability. Being young is stressful and uncertain. Gainful employment tends to make people happier, and that comes with time, Galambos said. The same is true of being married, so it's not surprising that younger adults — who have left the nest, but have yet to form their own families — tend to be unhappy. As we age, we get better at regulating our emotions, the study says. In layman's terms, we wise up.

But the mid-life crisis thing seems to be baloney. "There are crises across the lifespan. Some of them happen in mid-life," Galambos said, but "People really believe in the mid-life crisis. People count on one." And that's a problem, because middle-aged people may assume the inevitable crisis has hit when what's really going on is a mental health issue.

Bottom line: Most of the people studied became happier over time. And that's a nice thought. Flailing Millennials can look forward to settling down. Middle-aged folks can stop waking up every morning and wondering if the time has yet arrived to crack up. And if you're elderly, there's more good news: The literature pretty clearly shows we continue to get happier as we age. Perhaps you could devote part of your twilight years to helping the rest of us calm down.

Genna Buck is a science writer and a section editor at Metro. Follow her on Twitter @genna_buck.

ROSEMARY WESTWOOD
metroview

They's the word of the year, and for good reason

It's award season, and "they" won.

The American Dialect Society, which hosts what it considers the premiere word-of-the-year event, voted "they" as the winner for 2015 — particularly, "they" in the form of a third-person singular pronoun to refer to gender-nonconforming people.

They're right, of course. As are the many like-minded others (including the Washington Post). It should be used. Both because reality necessitates a common pronoun that can be applied to people who are not he or she, and also because every person deserves to be referred to accurately and respectfully.

As a writer, however, "they" has been hard to swallow.

For a least the last few years, and especially when writing about trans issues, I've had sources ask to be referred to as "they." I never denied that request. But I never completely acquiesced.

Instead, I avoided pronouns altogether, and wrote around the problem.

"They" has long been used in a way (e.g., "Everybody loves their mom" instead "Everybody loves his or her mom") that bothers no one who isn't a hardline grammarian. Shakespeare, Jane Austen, you and me — we're all fine with it.

But some uses of "they" sound off-kilter to me. To wit: "Susie loves her mother, and they loves their father too."

Or, more likely to arise in my work, "'I love my mother,'" Susie said. And their father, they added."

Clunky, no? Jarring, too. Like walking off the sidewalk curb without expecting to.

It's all English's fault. Other languages have gender-neutral pronouns; their speakers haven't spent years concocting stand-ins with no consensus. Among the offerings over the years: "ne," "e," "thon" or "jee." Some universities, including Harvard, let students self-identify on registration forms as "ze," "e," or "they."

Bill Walsh, a copy editor at the Washington Post and keeper of the paper's style guide, called "they" "the only sensible solution to English's lack of a gender-neutral third-person singular personal pronoun." Increasingly, there is a consensus around "they," and we should be grateful. It is much, much better than "ze."

I'd even argue it's a win for so-called prescriptivists — those who prize the rules of language, as opposed to the fluidity of its usage.

If "they" becomes the agreed-upon pronoun for those who are not hes and shes, then we have a new and very useful rule.

And as someone who's often found rules comforting, this, too, is welcome.

Elegance will have to wait.

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MOVIES MUSIC TELEVISION DIGITAL

Acting tough under pressure

BENGHAZI

13 Hours' Pablo Schreiber on working with Michael Bay

Richard Crouse
For Metro Canada

John Krasinski and Pablo Schreiber star in Michael Bay's 13 Hours: The Secret Soldiers of Benghazi. CHRISTIAN BLACK/HANDOUT

Making a war movie is hard work, with long hours and tough conditions. According to 13 Hours: The Secret Soldiers of Benghazi star Pablo Schreiber, making a war movie with Michael Bay is extra difficult.

"Everyone who has worked with Michael Bay has told me the set can be a challenging place to work," he says of the Transformers director. "I got all these stories to prepare but ultimately nothing anybody says can prepare you for that experience. He works faster than any director working. We do about 75 set-ups a day, which is massive especially when each of them is like its own action sequence. It's an insane amount of work. He demands a lot from you. It's very necessary that you come prepared, that you are ready to perform any piece of the movie at any given time."

The Canadian born actor and winner of the We Love to Hate You Award at the 2014 Young Hollywood Awards for his work as George "Pornstache" Mendez on Orange Is the New Black, says Bay took him by surprise during the 2015 shoot in Malta.

"There's a scene at the end where a convoy is rolling in and we don't know if they are friendly or bad," he says, "and it is one of the emotional peaks of the movie. For me it was a scene I had checked off as an actor as one I had to be ready and prepared for. Then he shot it a week before we were supposed to shoot it. I had about five minutes to prepare. He said, 'Let's go on the roof and get that last sequence.' He started setting up cranes. To be ready at any moment for whatever he's going to throw at you is very important. As actors, all six of us ended leaving there feeling like if we had gotten through that experience we could deal with anything."

When I ask if the chaotic set conditions were Bay's way of not-so-subtly exposing his actors to the same kind of unpredictable situations their characters were dealing with, he laughed.

"I'm not sure how much forethought was put into that vibe, but it was definitely effective and it works. As actors we were constantly disoriented and didn't quite know where we were and didn't know where we were going to be on any given day."

Schreiber plays Kris "Tanto" Paronto, a former U.S. Army Ranger who was one of six CIA security contractors working in Benghazi, Libya on September 11, 2012, when well-armed Libyan militants — using weapons pilfered from former Prime Minister Muammar Gaddafi's abandoned arsenals — invaded the American embassy. Their attempt to rescue ambassador J. Christopher Stevens and Foreign Service Information officer Sean Smith led to a harrowing thirteen-hour battle.

The 37-year-old actor met Tanto and says he felt a great responsibility in playing a real person who was on set and would eventually see the film but adds that director Bay tried to keep show the humanity of the story's heroes.

"Michael Bay made this movie and he normally make these big extravaganzas but this is not a superhero movie," he says. "This is a movie about very, very real human beings who behaved extraordinarily under the most difficult circumstances."

MOVIE RATINGS by Richard Crouse

13 Hours: The Secret Soldiers of Benghazi ★★★

Ride Along 2 ★★★

Norm of the North ★

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Goodbye our dear villain

OBITUARY

Alan Rickman, of Harry Potter and Die Hard, dies at age 69

British actor Alan Rickman, a classically-trained stage star and sensual screen villain in the Harry Potter saga and other films, has died. He was 69.

Rickman's family said Thursday that the actor had died after a battle with cancer.

Trained at the prestigious Royal Academy of Dramatic Art, Rickman was often cast as the bad guy; with his rich, languid voice he could invest evil with wicked, irresistible relish.

His breakout role was as scheming French aristocrat the Vicomte de Valmont in an acclaimed 1985 Royal Shakespeare Company production of Christopher Hampton's Les Liaisons Dangereuses.

Film roles included the psychopathic villain Hans Gruber in Die Hard in 1988; a deceased lover who consoles his bereaved partner in 1990's Truly Madly Deeply; the wicked Sheriff of Nottingham in Robin Hood: Prince of Thieves in 1991; and a wayward husband in 2003 romantic comedy Love Actually.

Millions know him from the Potter films, in which he played the portions and defence against the dark arts teacher Severus Snape, who was either a nemesis or an ally — possibly both — to the titular teenage wizard.

He appeared frequently onstage, earning Tony Award nominations for Les Liaisons Dangereuses in 1987 and Noel Coward's Private Lives in 2002.

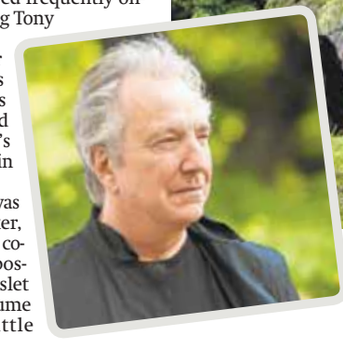
Rickman was also a filmaker, directing and co-starring opposite Kate Winslet in 2014 costume drama A Little Chaos.

Frequently charming in person, Rickman was, by his own account, uncompromising as an actor. During the filming of Harry Potter, he maintained Snape's air of haughty disdain even off-camera.

"The animal in me takes over," Rickman said in 2011 when he appeared on Broadway in Theresa Rebeck's play Seminar. "You're as polite as possible, but it's not always possible."

Rickman is survived by his partner of 50 years, Rima Horton, whom he married recently.

THE ASSOCIATED PRESS



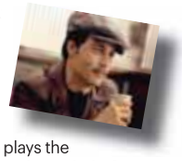
Rickman is perhaps best known for his role as Professor Snape in Harry Potter (above). The British actor has died following a battle with cancer.

HANDOUT; THE ASSOCIATED PRESS FILE

HOLLYWOOD SUITE SPONSORED CONTENT

5 WAYS THE MOB RULED THE '90S

Mob movies were everywhere in the 1990s. Throughout the decade, the genre went deeper and darker, with unforgettable characters and a believably ruthless underworld. Here are five reasons why '90s mob movies bury the rest:



1. Real low-lifes. Forget the overcooked buffet of Italian mob-boss movies from the '70s. The best gangster films of the '90s were fresh, chilling and based on real people. Donnie Brasco (1997) is based on the true story of an FBI agent who infiltrates a crime family from the ground up. In GoodFellas (1990), Ray Liotta plays the real-life Henry Hill, a street-smart kid who rises up the ranks before ratting on his mob family and disappearing into witness protection. No meeting of the five families here.

2. Joe Pesci. Who knew that a walking grenade could be so hilarious? With his characters — from Tommy DeVito in GoodFellas to Nicky Santoro in Casino — the pint-size Pesci keeps his friends, enemies and viewers on edge (and in stitches). No one is more dangerous. Or more funny.

3. Priceless lines. Movie dialogue in the '90s was an art, especially in gangster films. Some of these quotes were pearls of mobster wisdom, others are lines we still say today. Here's a snippet:

"Stuff that was stolen always tasted better than anything bought."
—Henry Hill (Ray Liotta), GoodFellas (1990)

"Fuhgetaboutit."
—Lefty Ruggiero (Al Pacino), Donnie Brasco (1997)

"Running a casino is like robbing a bank with no cops around."
—Ace Rothstein (Robert Deniro), Casino (1995)

"I'm funny how? Like a clown? I amuse you?"
—Tommy DeVito (Joe Pesci), GoodFellas

4. The return of Al Pacino. He broke out in the 1970s as Michael Corleone in The Godfather. But after playing just one gangster in the '80s (albeit in Scarface), he crushes the '90s with an expanded repertoire, showing that he could convincingly play any level of mobster — even the famously over-trusting 'mutt' in Donnie Brasco.

5. Martin Scorsese's realism. Brimming with real-life gangster stories from his hometown of New York City, Scorsese deep-sixed his competition with one brutally entertaining movie after another. "When I saw it on the streets, I said that's how it should be on film," he said of his 1990 classic GoodFellas. Without Scorsese, there's no Quentin Tarantino or Guy Ritchie.

Feeling like a gangster? Watch these mob masterpieces, and other '90s classics, on the Hollywood Suite 90s Movies channel. Hollywood Suite takes you back to the '70s, '80s, '90s and 2000s with hundreds of movies on 4 HDTV Channels, Hollywood Suite On Demand and the Hollywood Suite GO app. Subscribe today and get 50% off the regular price of $6 or less per month*. Visit hollywoodsuite.ca.

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ACTION/COMEDY

Norm of the North

Director: Trevor Wall
Starring: Rob Schneider, Heather Graham

A polar bear of many words, Norm's greatest gripe is simple: there is no room for tourists in the Arctic. But when a maniacal developer threatens to build luxury condos in his own backyard, Norm heads to New York City to stop it.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
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ACTION & ADVENTURE

13 Hours: The Secret Soldiers of Benghazi

Director: J.J. Abrams
Starring: John Krasinski, Pablo Schreiber

The gripping true story of six elite ex-military operators assigned to protect the CIA who fought back against overwhelming odds when terrorists attacked a U.S. diplomatic compound on September 11, 2012.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
NOT YET REVIEWED	+94%

ACTION & ADVENTURE

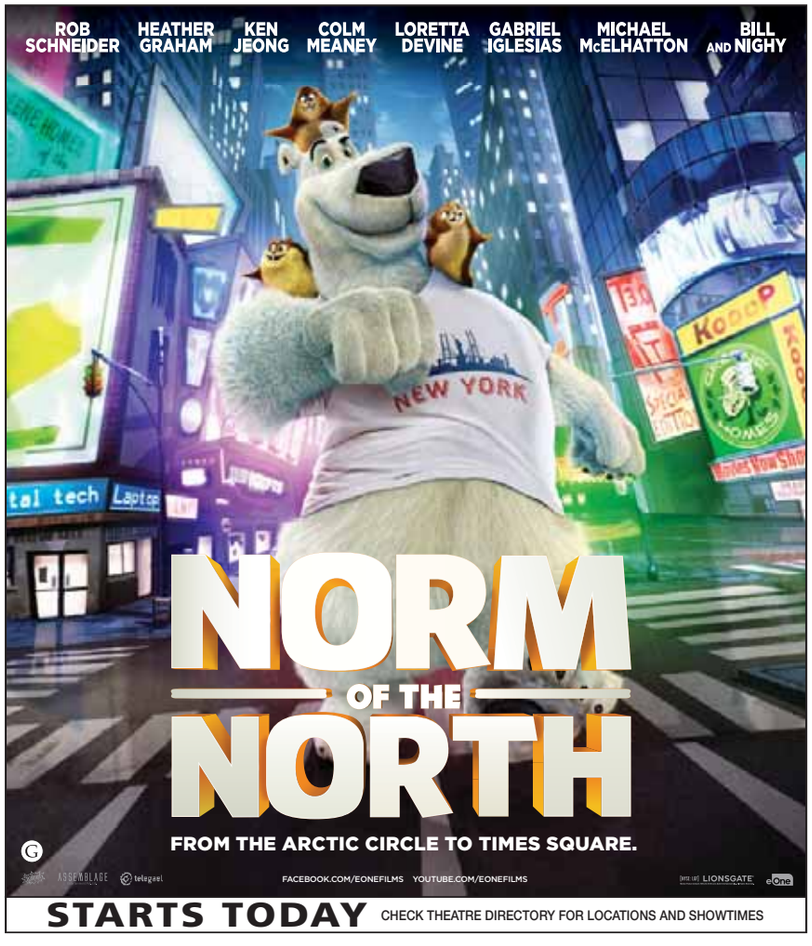
Star Wars: The Force Awakens

Director: J.J. Abrams
Starring: Harrison Ford, Daisy Ridley

In this continuation of the Star Wars saga, balance returns to the Force as the First Order, emerging from the ashes of the Empire, clashes with the Resistance, which includes newcomers and heroes from the former Rebel Alliance.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
94%	+99%



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Real Rob is the man behind the fur

INTERVIEW

Rob Schneider lends his voice to an animated bear on a quest

Matt Prigge
Metro | New York

Rob Schneider, pictured inset, provides the voice to Norm the polar bear in the new film Norm of the North. HANDOUT

In his early standup days, before his stint on Saturday Night Live, Rob Schneider was known for the diversity of his voices. Occasionally he gets to use that skill. No stranger to voicework in animation, Schneider voices the lead in Norm of the North: A polar bear trying to save the Arctic from greedy human developers. This family film comes soon after the debut of Real Rob, his fairly R-rated Netflix show about a fictionalized version of himself and his family.

What appeals to you about doing animated voicework?
I remember sitting in the audience watching Aladdin. I'm from San Francisco and I was a comedian at the same time Robin Williams was a big star. I'd seen all the characters he'd done and saw how they managed to animate that. They were able to capture in cartoon what that guy was capable of doing. In the back of my mind I hoped for the chance to do that.

Plus, it seems less stressful than acting in person.
You can wear sweats to work for a week. No one gives a s—. You don't have to put on makeup. It's not like a regular movie. You can become fat — especially if you're playing a polar bear.

You have a three-year-old daughter. Does that inform some of the work you take?
I'd like to be able to sit with her and watch one of my movies. There's a couple animated films I did — I call it "emergency trauma surgery animation." That's where they bring you in and it's already animated, and you have to squeeze jokes in. Or it's in another language. A friend brought me into some films because he knows I can do a lot of voices. So I would do nine different voices for a movie called The Reef, which was a blatant ripoff of Finding Nemo. You make it as good as you can, but it's not like this movie, where you start from scratch and really build something. I showed my daughter The Reef 2 and after 10 minutes she got up and walked out.

You also have Real Rob, which, like Rob, follows around a version of you. What made you want to return to a fictionalized version of yourself?
I wanted to do something that was entertaining and funny and kind of my version of Fawlty Towers. Because where else is entertainment going to go? It has to be more personal. Reality TV is a bore. And it's not real; they sketch it out. So you take an exaggerated version of yourself and the audiences guess how much is real and how much isn't.

You also financed it yourself and made and then sold it to Netflix. It's amazing there are avenues like that open to performers.
I did a season of Rob for CBS, and they decided not to pick it up. And we averaged 11 million viewers. I went to Netflix and said that we'd averaged 11 million viewers and I could bring those over to them. Netflix is twice as big as CBS. CBS is a tiny company compared to Netflix. Netflix has 70 million viewers who pay 10 bucks every month. That's $700 million dollars coming in. They don't have to worry about advertising; they just want to keep their customers happy.

The entertainment world is in such a strange period of flux at the moment. Do you find you have to hustle more nowadays?
You always have to hustle. And you have to make something good. I never had a doubt in my mind we were going to wind up somewhere, because it's good. We wanted to make something that was the highest quality possible. No one could have done what I did. I'm the only actor, only comedian ever who's produced, written, edited, financed an entire season. I edited it for nine months. Nobody could do that. I don't know if anyone would want to do that. With companies like Netflix, the door's open to produce your own stuff. I hope other people follow my lead, because you get complete artistic freedom. That's what you want as an artist.

Token Saturday Night Live question: You were there during Steven Seagal's episode. Some have nominated him as the worst-ever host.
I find that to be an exaggeration. I worked with him. He's a bit of a loon — just a little bit. I didn't think he was the worst. I thought there were other ones who were worse than him, to be honest. I don't remember seeing David Spade in the writers room for an extended time, the whole time I was there. He would do his stuff. I was in the writers room. I think people are looking for a safe target. That's mean-spirited and I don't think David Spade had direct dealings with Steve Seagal. I'm going to call him out on that and say bulls—, David, you didn't have direct experience with him, you weren't around.

I take it you don't want to name the hosts you found worse than Seagal.
No, because I don't want to dump on people. It wasn't like Steven Seagal is a comedian. Who's expecting that guy to come in and be hilarious? So what are these a—holes complaining about? I mean it: What are these a—holes complaining about? To me it's revisionist thinking. No one was expecting Steven Seagal to be this amazing host anyway. He's a f—ing karate guy who got a break. What do you expect?

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FILM BRIEF

Mullally lands role in new Franco, Cranston film

Megan Mullally is set to star opposite James Franco and Bryan Cranston in the upcoming movie Why Him.

The film tells the story of a Midwestern father, Ned (played by Cranston), who discovers that his college student daughter is dating an Internet billionaire (played by Franco), leading to competition between the two.

Mullally, known for her roles as Karen Walker in Will & Grace and as Bev in 30 Rock, will play the part of Ned's wife Barb in the Fox comedy, Deadline reports.

Production on the movie is slated to begin in February this year. AFP

Megan Mullally GETTY IMAGES

THE TV DINNER JESSICA ALLEN

To properly annoy one's friends at an Oscar-viewing party, one needs to have a command of the slew of less consequential awards

During the run-up to Oscars (T-minus 44 days), I often feel like someone who did track in high school and suddenly finds themselves, 25 years later, about to run a marathon.

There's so much to watch, to get invested in, including heady dramas like Carol, Room and Spotlight. But the brain is flabby and unconditioned after several months of binge-watching Ladies of London (OMG have you seen this show?).

In order to properly train — and properly annoy one's friends at an Oscar-viewing party — one needs to have a command of the slew of less consequential awards that have already been handed out. Spotlight took home top honours at the Gotham Awards, for example, but the New York Film Critics Circle gave that to Carol. Meanwhile, Golden Globes went to The Revenant and The Martian for best drama and comedy respectively. And just to keep things really interesting, the National Board of Review deemed Mad Max: Fury Road the best film of 2016. But the Producers Guild Awards, on Jan. 23, are usually considered more useful in predicting what film will take home the 13-and-a-half-inch-tall Big One. And they didn't even nominate Room, which the Academy did on Thursday, but they did include Sicario, Straight Outta Compton, and Ex Machina, which the Academy didn't. Both shut out Carol.

Enough ink gets spilled in the warm-up that you'll be huffing and puffing come Feb. 28. Films take out ads in newspapers begging to be considered. Critics make predictions, which often include several titles you've never even heard of. For some, like The Hollywood Reporters' Scott Feinberg, Oscar watch is a full-time job, literally. For me, it just means I can't re-watch Step Brothers, written and directed by Adam McKay, because I feel like it. I should be watching his Oscar-nominated film The Big Short.

THE GOLDEN GLOBE BOY: Leonardo DiCaprio

THE MEAL: Pasta and Leek Bake

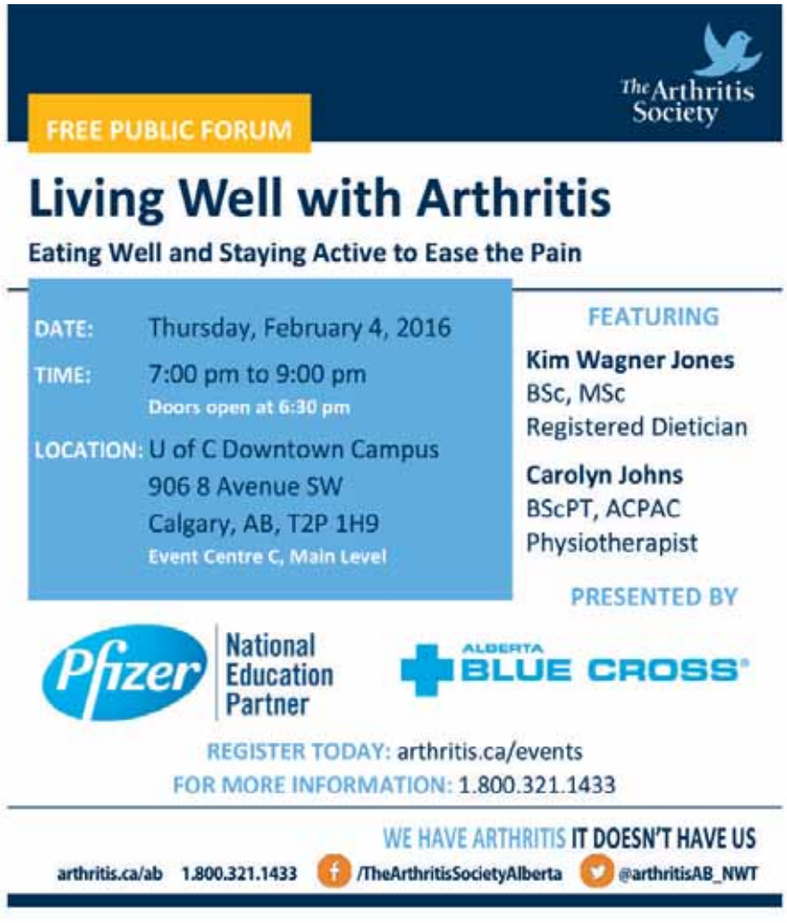
Or can I? Simon recently interrupted our Sunday morning quiet time, where we divide up the New York Times and sit with silence — and coffee — to inform me that A.O. Scott considers Step Brothers to be "a bona fide masterpiece."

We nodded, smug in the knowledge that we share a minority opinion with the paper's chief film critic. I bet we watch the comedy three times a year and always, without protest from either party, stop and rewind to a particularly magical bit of movie-making: "Do you like guacamole?" John C. Reilly asks. "Yes!" asserts Will Ferrell, just before Reilly crushes him after he leaps onto the top bunk of the beds they've constructed together.

And much like Oscar buzz isn't something you'd expect from a film by the same guy who wrote and directed Anchorman, I made something completely new for dinner — and from a new cookbook to boot: the pasta and leek bake from Simply Nigella. It required making a roux, which seems as easy as Meryl Streep doing an accent, but I can count on one hand the number of times I've prepared it successfully. That includes this attempt, which we enjoyed seconds of while pausing Step Brothers on all our favourite parts.

Dinner was a real winner, which no one could've predicted.

Jessica Allen is the digital correspondent on CTV's The Social.



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WOOD AUTOMOTIVE GROUP

And the Oscar goes to...someone white

NOMINEES

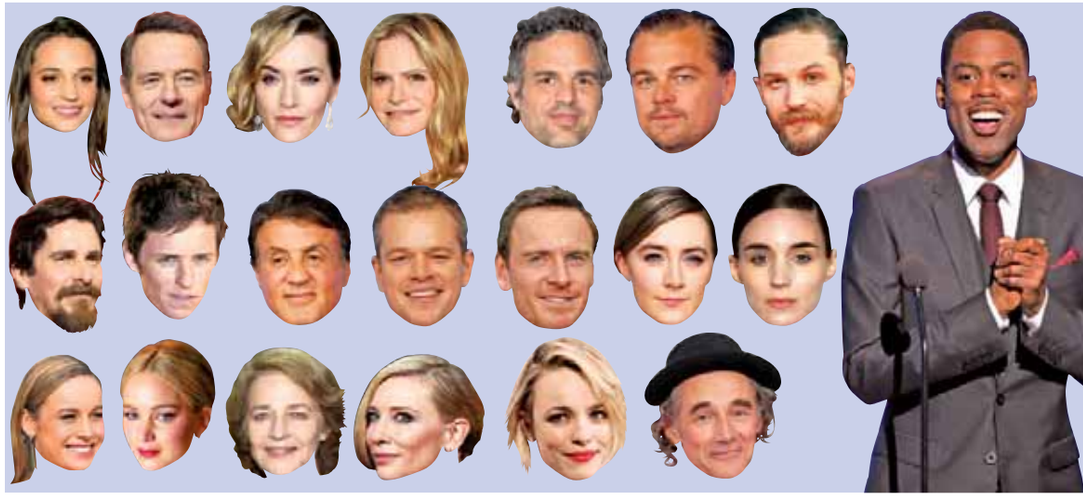
No actors of colour got nods in acting categories

As the dust begins to settle after the 2016 announcement, many fans' early-morning enthusiasm quickly turned to disappointment after not a single black actor was nominated. Actors of colour did not make it to the 20 award slots available in the best actor, best actress, best supporting actor and best supporting actress categories.

For the second year in a row, fans used the #OscarsSoWhite hashtag to voice their frustrations. "And the #Oscar goes to... somebody white. #OscarNoms," Twitter user Jamar Hooks wrote.

"The #Oscars this year looking a lot like a Trump rally. All White," Michael Skolnik commented.

Darnell Hunt is a sociology professor at the University of California, Los Angeles, and the director of the Ralph J. Bunche Center for African American Studies, which releases a Hollywood Diversity Report annually.



Many hope host Chris Rock takes Academy to task for lack of diversity among nominees. TORSTAR NEWS SERVICE/GETTY IMAGES

He said he was hardly surprised that actors of colour were left out of the Oscar nominations. The snubs, he said, reflect a lack of diversity within the Academy of Motion Picture Arts & Sciences, which votes for the awards.

"Unfortunately, the nominations kind of reflect the state of the industry as it relates to diversity. We're talking about an Academy that's 93 per cent white, 76 per cent male, and average age 63," Hunt told Torstar News Service in a telephone interview Thursday.

This year's Oscars host is Chris Rock, who has regularly brought issues of racism and discrimination into his comedy. Rock did not comment on the #OscarsSoWhite criticism Thursday. Many said they hoped Rock would use his opening monologue to hold the Academy accountable.

Fans on social media wanted Idris Elba to be nominated for his role as an African warlord in Beasts of No Nation, for which he received BAFTA, SAG-AFTRA and Golden Globe nods.

Many were also upset at snubs of Will Smith for his part in Concussion and Michael B. Jordan, who starred in Creed, and that Puerto Rico-born Benicio Del Torro was also left out for his part in Sicario.

While NWA biopic Straight Outta Compton was nominated for best original screenplay — after being left out of the Golden Globes nominations — many on social media were quick to point out that the nominated screenwriters were actually white.

Hunt said awards like the Oscars set the standards for what the industry views as great films, and that in turn shapes "future decisions that are made about what projects will be green-lit, with what budgets, (and) with what stars.

"We're reproducing the same old exclusionary industry by only recognizing certain types of projects and that's a huge problem," he said.

A study last year at the University of Southern California found that film characters are still overwhelmingly white. Of the top 100 films in 2014, 73.1 per cent of characters were white. Black characters accounted for only 12.5 per cent of the ones on screen, compared to only 5.3 per cent for Asian and 4.9 per cent Hispanic characters.

Hunt said the industry needs to be restructured to better reflect the diversity of U.S. society. That means diversifying membership in the Academy and among studio executives, as well as what roles are being offered to black and other minority actors.

TORSTAR NEWS SERVICE

OSCARS

Canucks unapologetic about nods

Montreal producer Pierre Even had a snappy response whenever anyone predicted he would see Academy Award nominations today for the film Brooklyn. "Never say that!" Even would say. "Nothing's for sure!"

But Even and Marie-Claude Poulin, co-producers on the film, were celebrating Oscar nominations Thursday morning for best picture, best actress (Saoirse Ronan) and best adapted screenplay (Nick Hornby).

Also in the running for best picture is Room, a Canada-Ireland co-production shot largely in Toronto and based on Emma Donoghue's novel of the same name. Brooklyn is a Canada-U.K.-Ireland co-production, in which Montreal stood in for Brooklyn during shooting.

"Best picture is something else," a clearly-excited Even said in a phone interview after watching a live stream of the Oscar nominations this morning. "I guess it means that people would return our phone calls now — I'm joking."

Even said the Oscar nominations show that Canadian crews can perform at the top levels of the movie industry.

"I'm very proud," Even said.

Canadian connections: Montreal stood in for Brooklyn; The Weeknd, Emma Donoghue and Rachel McAdams are all nominated.
TORSTAR NEWS SERVICE/GETTY IMAGES

Donoghue was clearly elated by her nomination in the best adapted screenplay category, tweeting: "4 #OscarNoms for #RoomtheMovie, Best Picture, Best Director, Best Lead Actress, Best Adapted Screenplay, hard to type while shaking."

"It's just wonderful to see a fairly low-budget film, made mostly with state money, can do so well," said Donoghue from Nice, France.

The film won the People's Choice Award at the Toronto International Film Festival, where it began generating awards buzz.

Other Canadians named during the ceremony in Beverly Hills, Calif. included Rachel McAdams, who was nominated for best supporting actress in Spotlight.

The Weeknd was nominated for best original song for Earned It from the film Fifty Shades of Grey, along with fellow Canadians Ahmad Balshe, Jason (Daheala) Quenneville and Stephan Moccio.

Several other Canadians were nominated for their work on The Revenant, which picked up a leading 12 nominations. They include: set decorator Hamish Purdy of Vancouver, who received a production design nomination, Chris Duesterdiek for sound mixing and Cameron Waldbauer for visual effects.

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Rock mockumentary found audience online

Jonny Owen became known for his funny shorts on YouTube before deciding to make a feature-length comedy. HANDOUT

SVENGALI

Web shorts from YouTube now a feature-length film

Steve Gow
For Metro Canada

Jonny Owen has a simple slice of advice for those dreaming of someday making a big movie.

"If you've got an idea, shoot it," said the English Internet star-turned big-screen success from London recently. "For a long time, you just had scripts or ideas on a page and its difficult to visualize anything (but) when you shoot something, its something tangible you can show to people."

That was certainly what triggered Owen's series of funny web shorts into the feature length comedy Svengali (now available on VOD). After all, the satirical story of a postman set on managing a musical act to the top of the irrational rock and roll industry gained a cult following not by traditional means — but through online show-and-tell.

"The internet was a game-changer," explained Owen, who first began uploading his musical spoofs in 2008. "When I put something on YouTube at that time, it would get 30,000 views in a month whereas on the small film festival circuit before that, I'd be walking around playing to 200-300 people at a time."

Since those days, the Internet has proven its worth — giving rise to many popular web series and producing a wealth of online celebrities. Although Owen insists his only goal was to simply find an audience, he also admits that early type of indie filmmaking made him a more creative person.

Much of Svengali was shot illegally on the streets of London says director Jonny Owen. HANDOUT

"It was illegal, what I was doing," laughed Owen, explaining it's next to impossible to shoot in London for underfunded filmmakers. "In the street, you'd kind of set up quickly, shoot and run off. That certainly makes you daring. I suppose it's a bit like walking across a tightrope and not looking down."

However, Owen is quick to point out there is another powerful factor when attempting to get your small project noticed in the entertainment industry — hire someone famous.

In Svengali's case, it came in the form of actor Martin Freeman.

"Martin had just starred in The Hobbit movies and, at the time, that franchise was probably the biggest in the world," said Owen. "It was his involvement that really got us the green light for funding so he was essential really."

INSPIRATION

Pioneering film offered filmmaker inspiration

"Spinal Tap is still the greatest mockumentary ever," admitted Owen.

"I remember (music mogul) Alan Magee said rock and roll is the only industry in the world where bad behaviour is actively encouraged. I thought there's so much comedy in that."

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Ice Cube talks moviemaking and music

RIDE ALONG 2

Rapper has new comedy out, Coachella gig coming up

Matt Prigge
Metro | New York

Ice Cube doesn't storm the stage of Coachella until April, but he already has a game plan. "I'm looking forward to getting out there and giving them a history lesson about Ice Cube, from N.W.A. to the present," says the 46-year-old rapper-actor-filmmaker. "I'm going to put together a show that touches on everything."

The other thing on his desert agenda: "I really want to see Guns N' Roses," he says.

But right now he has other business to attend to. He reunites with Kevin Hart for Ride Along 2, the sequel to the 2013 hit. It follows Straight Outta Compton, another blockbuster that told the story of N.W.A. We talked to him about making music and movies.

Are you a big GN'R fan?
I've loved a lot of their tracks. Far as "big fan," I don't know. I was so involved with my music [back then]. I didn't really want to be a fan of nobody at that time, know what I mean? [Laughs]

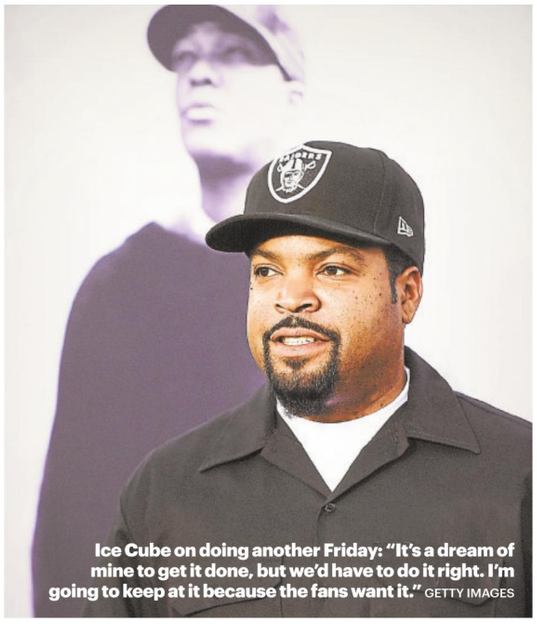
Do you have much time for music these days, with all the films you're making?
I haven't had a lot of time lately. Working on Straight Outta Compton took a lot of time and effort. I had movies booked together, so it was just movie to movie to movie. But I am going to go in to the studio with Common and do a song for the Barbershop 3 soundtrack.

Speaking of sequels, you've spoken about how you always want to make sure a sequel is fresh if you do it. What convinced you to do a second Ride Along?
People just want to see us again. A lot of these buddy cop movies are hit and miss. When you hit, you really owe it to the audience to give them something new and fresh with the same team. To me, it's really what you're in show business for: to give the audience what they want, not necessarily what you want to give them all the time.

You started your film career in dramas. Do you want to return to them now?
I would love to. Ever since I got into movies I've wanted to do good ones. I don't really trip over what genre they are. Comedies snowballed in my career, so I ended up doing more of those. Which is fine. But of course I have dramatic characters I want to play.

I remember Lottery Ticket where you played a severely antisocial character who was unlike anyone you'd played before. Do you see yourself stretching yourself more?
If it's right. I've been in the game 25 years and I'm still working on my acting chops. It's about making sure that it's something I could do, but not just because I can. People would probably give you money to do a chicken dinner and jump on the table, know what I'm saying? [Laughs] If someone says, "You'd be a great Ku Klux Klan leader," it's probably a little bit of a f—ing stretch. [Laughs]

> **I'm still working on my acting chops**
> Ice Cube



Ice Cube on doing another Friday: "It's a dream of mine to get it done, but we'd have to do it right. I'm going to keep at it because the fans want it." GETTY IMAGES

RAPPER TALKS DIVERSITY IN FILM

Despite this year's Oscars, some see Hollywood as inching toward greater diversity. The Fast and the Furious series is now a franchise without a white character, and there aren't any white characters in Ride Along 2.
It really don't matter what colour you are no more. It's a situation where people are used to seeing all kinds of movies now. You didn't have to go to the movies to see that urban film you might want to see. You had home video. Years and years of that have led to people saying, "I don't want to just wait to get it on DVD. I'm going to see Ride Along or Friday with the movie-going audience." They're sick of being the last ones to the party.

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Feel good with a Blue Monday movie

PLEASURE SCENE

Hit up a cinema on the cheap and beat the January blahs

Richard Crouse
For Metro Canada

Feeling down? You're not alone.

Years ago Cliff Arnall, a tutor at the Centre for Lifelong Learning at Cardiff University, declared January to be the most depressing month of the year. "Following the initial thrill of New Year's celebrations and changing over a new leaf," Arnall said, "reality starts to sink in." His study cited weather, debt, time elapsed since Christmas, average hours of daylight and unsuccessful New Year's resolutions" as the reasons for the slump and named the third Monday of the month Blue Monday, the single most depressing day of the year.

Whether Arnall's "sadness algorithm" passes scientific muster remains to be seen but there's no denying January can be dispiriting. This year Cineplex is offering up a way to beat the January blahs — cheap movies. On Jan. 18 Scene card members can redeem just 500 points to see any movie at Cineplex, from general admission auditoriums all the way up to the fancy-dancy VIP Cinemas.

45%

In a recent survey Cineplex discovered 45 per cent of Canadians say they typically feel rested after watching a movie while 38 per cent say they feel "less stressed, like I took a mini vacation."

Marston-Milbauer Eminent Scholar Emeritus at the University of Florida Dr. Norman Holland is an expert in psychoanalytic criticism and cognitive poetics, which in layman's terms means he has made a study of how our brains translate activities like going to the cinema into pleasure.

Richard Gere and Julia Roberts in Pretty Woman. CONTRIBUTED

FEEL-GOOD FLICKS
Canada's top two comfort movies are Mrs. Doubtfire and Pretty Woman

"It's restful, no question," he says.

"The parts of your brain that turn off are the parts that plan action because you're not going to act on what you see on the screen in front of you.

You turn off the systems that plan, that look ahead that evaluate futures. That explains the phenomenon of the willing suspension of disbelief. You accept the most improbable things, like Stars Wars or Spider-Man. At the same time the lower centres of your brain are generating emotions like mad in response to what you're seeing. This is the peculiar phenomenon that you can feel and care about these people on the screen while at the same time knowing they are nothing but a fiction."

The Cineplex survey indicates that when feeling blue 78 per cent of Canadians look to funny movies to cheer them up. "We don't want Ingmar Bergman on Blue Monday," says Holland. "The idea is to do something for yourself. Do something that pleases you."

Overall, according to Cineplex, Canada's top two comfort movies are the Robin Williams comedy Mrs. Doubtfire and Pretty Woman with Julia Roberts and Richard Gere. Men chose the uplifting prison break movie The Shawshank Redemption as their favourite feel good flick.

Holland isn't surprised the top movies are old favourites featuring big stars. "Familiar characters, familiar faces," he says. "They're people we've had good experiences with before and can expect [to have] good experiences with again."

So what would the good doctor go see on Blue Monday? "8 ½ by Fellini," he says. It's a fanciful movie that engages both the emotional and intellectual sides of the brain. "I love Fellini."

"The idea is to do something for yourself. Do something that pleases you.
Psychoanalytic expert
Dr. Norman Holland

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Politics appeal to Sutherland

I think our show will deal with the fact that voters are really disenfranchised from what has become the political process.

Kiefer Sutherland

DESIGNATED SURVIVOR

New TV series puts Canadian actor in the Oval Office

Kiefer Sutherland seems to love talking politics.

Too bad the Canadian can't vote.

The veteran TV star shifts easily from touting his upcoming series Designated Survivor to chatting about Donald Trump's success in the U.S. Republican primary race, bemoaning a deep political divide in his adopted homeland.

"If you've watched the political cycle that's happening in the United States right now, I think it's one of the most extraordinary — and I do not mean that in a positive way — (campaigns) that I think I've seen in a very long time," the Toronto-bred actor said in a recent interview from Los Angeles.

"And I think our show, certainly, will deal with the fact that voters are really disenfranchised from what has become the political process here."

In Designated Survivor, Sutherland plays a U.S. congressman suddenly called on to serve as president when disaster wipes out everyone else in line. The ABC conspiracy thriller is expected to debut in the fall.

Sutherland admits the premise shares "some similar characteristics" with his last big TV drama, 24, but says this time around, his character is more of an everyman than a Jack Bauer-type superhero.

"In a very kind of working-man's way he uses common sense and his own sense of right and wrong to do what he thinks is best for the country. And the way he approaches that, I think, is very human. And I think that that's something that we sometimes lose — whether it be in Canada or the United — we have a feeling that we have lost that in the political process."

Sutherland's interests in politics come naturally.

He is the grandson of socialist icon Tommy Douglas, the former federal NDP leader credited with launching Canada's public health-care system.

His mother, esteemed actress Shirley Douglas, is an activist herself who infamously was arrested for her involvement with the Black Panthers in the '60s.

Meanwhile, his celebrity father, Donald Sutherland, is an outspoken critic whose targets have included former prime minister Stephen Harper.

Nevertheless, Kiefer Sutherland says he doesn't vote. He can't in the United States because he is not a citizen, and he can't in Canada because he is not a resident.

But there's no question which party he would have supported in last year's federal election.

"I grew up in an NDP household, to say the least, and that's where I would have laid my hat," says Sutherland, nevertheless expressing optimism that the federal Liberals will bolster his pet cause.

"The value of health care to the average Canadian has been deeply undervalued by the Conservative party for 16 years and I do not believe in a two-tier health-care system in Canada.

"The fact that the Liberal party is going to do much more to try and protect health care in Canada is something that I find encouraging."

And he would not consider getting U.S. citizenship so he could vote.

"No, I'm a Canadian," says Sutherland, who adds he gets back to Toronto as much as he can to visit his mother.

"I have had a fantastic time down here but I've been down in the States primarily because this is where the work that I wanted to do was and my daughters were born here, so that's made that more complicated. But I've always felt I was Canadian and that's who I am and I have no interest in changing that."

Sutherland is set to discuss his lengthy career — from his breakout role in the 1984 Canadian film The Bay Boy, to his award-winning work on 24, to his latest film Forsaken opposite his father — at Canada's Top Ten Film Festival in Toronto on Saturday.

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In Billions, Giamatti has a little fun

NEW TV

Showtime drama lets actor flex his alpha male

In Billions, Paul Giamatti's new Showtime drama, the versatile actor portrays Chuck Rhoades, the powerful and perverse U.S. Attorney engaged in a political cage match with hedge-fund titan Bobby "Axe" Axelrod (played by Damian Lewis).

You might say comedy is a ruckus between fools, while drama is a clash between smart people who are driven by compelling creeds impossibly at odds. The latter applies to Billions, which, premiering Sunday at 10 p.m. Eastern Standard Time, is a delicious drama of two alpha males on a collision course: Rhoades wants to prosecute Axelrod for financial fraud, but only if his case is ironclad, while the slick, calculating Axelrod dares him to try.

"It's super-complex and Byzantine, with Machiavellian behaviour from both of us that gets extremely complicated," says a pleased-looking Giamatti. "It's really fun."

Interestingly, Chuck and Bobby seldom appear in the same scene, but such is the fever pitch of their rivalry that, whenever one is on the screen, the other is present viscerally, as if in the ether.

"They operate pretty separately," says Giamatti. "But their awareness of each other becomes quite powerful. It's really cool."

"Cool" is a frequent Giamatti affirmation as he meets with a reporter over coffee in Brooklyn Heights, where he lives with wife Elizabeth, a film producer, and son Samuel.

Cool is something he exhibits himself, a brand of regular-guyness befitting an actor who uncovers a fresh measure of truth in each character he plays, from the exasperated wine enthusiast in Sideways to the divisive music manager in Straight Outta Compton to Founding Father John Adams in the eponymous HBO miniseries.

According to each character, his eyes are stormy or woeful, his smile benign or wild, his soft voice, when he chooses, as commanding as a roar.

Meanwhile, his average-guy

Billions, premiering Sunday, casts Paul Giamatti (far right) as a powerful U.S. Attorney. HANDOUT

mien and puddin' face spurs journalists to reach for their most colourful descriptives.

"How many synonyms are there for balding?" says Giamatti with a chuckle. And what about the article that likened his physique to a manatee's: "I'm a sea cow?" He laughs again.

But no argument from him: As a movie star, he's no Brad Pitt. "Brad Pitt's great," he says. "But I love Boris Karloff. And Ernest Borgnine! He didn't look like Brad Pitt either, but he played cool parts."

Giamatti, 48, grew up in New Haven, Connecticut, the son of Bartlett Giamatti, a comparative literature professor at Yale who later became president of the university and then commissioner of Major League Baseball. The younger Giamatti studied literature as an undergrad at Yale before getting his masters in acting.

He is somewhat at a loss to account for his professional ascent.

"I think it was a lot of accidents leading to other accidents," he says. "I was always willing to just go, 'OK, sure, I'll do that.'"

Playing Chuck Rhoades was a treat for Giamatti. "This guy is vain in a way that lots of characters I've played aren't," he says happily. "I gotta look right for this guy! Prop-wise, style-wise, the way my beard's shaped — it's all carefully thought out."

Even so, in Billions, Giamatti seems to share something essential with his character-actor idols.

"Those guys were having a really good time, I think," he says. "I take joy in it, too. I think for a long time I wasn't willing to admit that, because it makes me sound like a bubblehead. I wanted to sound more serious. But I have serious fun!"

Even with his established onscreen prominence, he has mostly evaded the twin curses of stardom: celebrity (which he seems to disdain) and stereotyping. Granted, he has had a brush with the latter: A while back, he learned about a cool-sounding project whose script called for "a Paul Giamatti type."

"My agent called them up and said, 'Do you want Paul Giamatti?'" Giamatti laughs. "They said, 'No.' They didn't want him. They wanted a guy like him!"

Good luck finding that guy.

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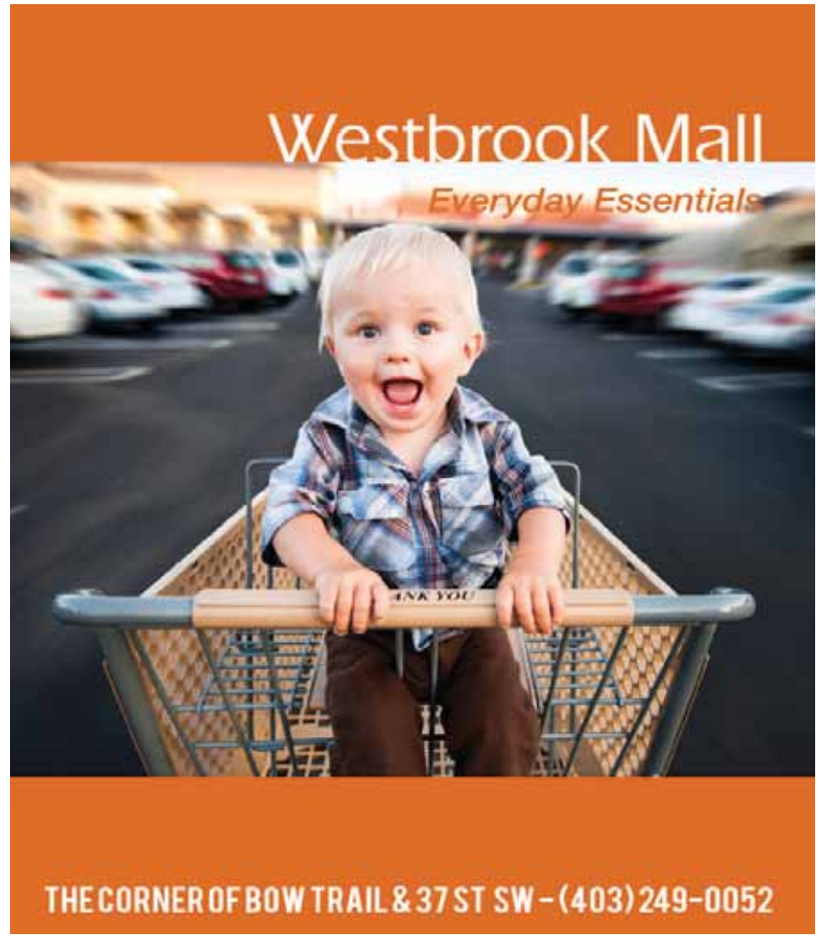

Josh Holloway says Colony is full of surprises. THE ASSOCIATED PRESS

Colony will shock, says Holloway

ALIEN INVASION

Actor talks new sci-fi show, his relationship with show biz

"Don't get too attached" to the characters on Colony. That's Josh Holloway's advice to viewers of the new sci-fi series, which airs Thursdays on the USA network.

Holloway describes Colony as "character-driven with a dapple of sci-fi." The series reunites the actor with his Lost producer Carlton Cuse.

Colony is set in the near future, where massive walls have been erected in an occupied Los Angeles. Electronic communication has been blocked, and drones track human movement. ("It's an espionage thriller with aliens," Holloway says.)

These walls separate Holloway and his wife, played by Sarah Wayne Callies, from one of their sons, and they are desperate to reunite their family.

In a recent interview, Holloway talked about what makes Colony unique and how he tried not to become an actor.

How is Colony different from other alien-invasion series like Under the Dome or V?
Colony is about occupation. It's the oldest story in human history. You either occupy or have been occupied by someone throughout human history. It's an espionage thriller with aliens (laughs), so it's ... people trying to live life the way they did before the world was ripped out from under them. ... The writers want every season to be different, so the finale's gonna shock you.

Did you know the end point for the first season of the series while you were filming?
I knew a very basic few pieces of information because that's how I work. I don't want to know, but there's certain things I need to know. I did find out a little bit and it still surprised me.

You grew up in rural Georgia. Did you dream of going into show business?
No, not at all. I ran from it. I was a model (when I was) young and I didn't want to be that cliché. They were like, 'Oh, what are you gonna do, be an actor now?' I was like, 'No.' So I was defensive about it at first so I tried everything. ... building houses, real estate, investing in a restaurant. That didn't work out. So I said, 'Let's try acting.'

When did you get your SAG card?
Oh, man. I think it was the Aerosmith Cryin' video with Alicia Silverstone and Stephen Dorff. I was super excited. I thought I was gonna meet Aerosmith. I was getting ready to do a knee slide in with my guitar, but no. That's fine. That's where I started getting my (expletive) kicked by girls.
THE ASSOCIATED PRESS

TRIBUTE EPISODE

Friends to reunite

The entire cast of Friends is set to share the screen once more, in a tribute show to director James Burrows, who directed several episodes of the popular sitcom.

David Schwimmer, Jennifer Aniston, Matthew Perry, Courteney Cox, Matt LeBlanc and Lisa Kudrow are all reportedly being lined up to reunite for the NBC show, airing on February 21, TVLine reports.

If true, it would mark the first time since the iconic sitcom ended in 2004 that all six cast members have appeared on TV together.

The tribute episode will also feature cast members from other shows the 75-year-old TV veteran was involved with such as Will and Grace, Mike and Molly, Frasier as well as Cheers, for which he also has a co-creator credit.
AFP

A TV tribute to director James Burrows may see the iconic 'Friends' on screen once more. HANDOUT

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Public or private, cancer is personal

CELEBRITY

Stigma, loss of identity among reasons for hiding disease

David Bowie's death Sunday from cancer came as a shock to many because the iconic musician had apparently kept his 18-month-long illness secret from all but his family and most intimate friends.

But with cancer being such a common and widely talked-about disease, why do some people choose to carefully guard their diagnosis — especially when others feel compelled to take to social media and other public venues to chronicle their cancer journey step by step, even up to death?

"It's a very individualized decision," Christine Williams, scientific director at the Canadian Cancer Society, said Tuesday. "We talk a lot about personalized medicine in treating cancer, but the emotional experience of cancer is also very personal for people. And different people react in different ways."

Dr. Gary Rodin, head of supportive care at Princess Margaret Cancer Centre in Toronto, said many people may not realize in this era of Facebook and other online vehicles for personal disclosure and self-expression that it wasn't so long ago that the word "cancer" was often whispered, referred to by euphemisms like "the Big C," or not voiced at all.

The psychiatrist recalled being told by a U.S. doctor, who helped pioneer the practice of psychosocial oncology, that in the 1950s she wanted to run an ad in the New York Times for a support group for women with breast cancer.

"The New York Times said that's fine, but you can't use the word cancer and you can't use the word breast," said Rodin, noting that there is now far more openness about cancer, thanks in large part to breast cancer survivors and their supporters speaking out to raise awareness of the disease.

Still, there are those who prefer to keep their diagnosis, treatment and prognosis private, for a variety of reasons.

"Sometimes people do it for reasons to do with worry about stigma, about job security, those kinds of things," said Rodin. "Sometimes, people have a fear that others will either avoid them or somehow regard them differently."

There may also be a sense of shame or embarrassment, which may harken back to earlier times when cancer was a dirty word.

In fact, "in many cultures, the idea still persists that you are to blame in some way or it's a punishment of some kind," he said. "There is a sort of irrational sense of shame that some people feel around illness, even though it's not their fault."

As for Bowie, his secrecy may have arisen in part from a desire not to have his identity replaced by the disease that was taking his life, Williams said.

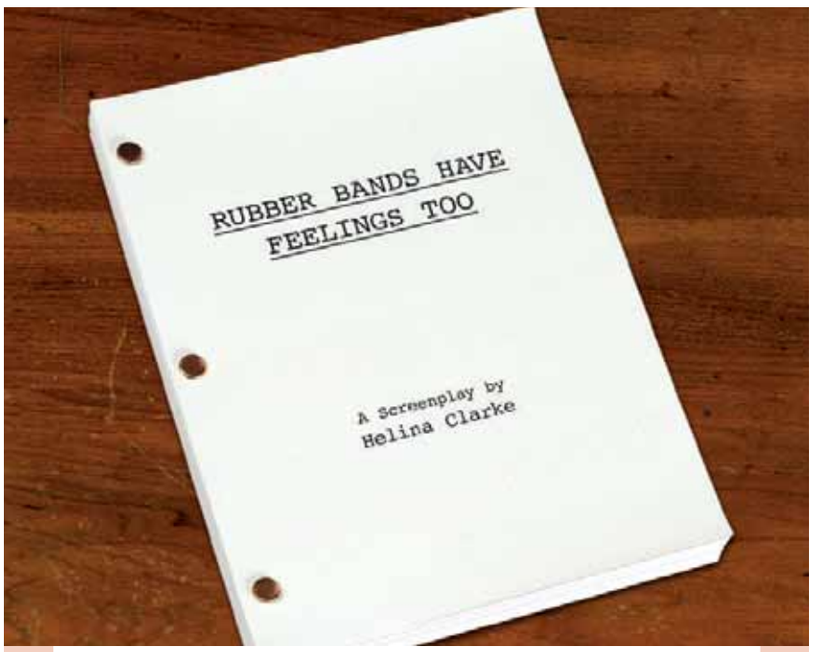
"He was certainly someone who resisted being defined by others in any traditional way," she said. "He may also have resisted the idea of cancer defining him as a person."

THE CANADIAN PRESS

DIFFERENT WAYS TO DEAL

Neurologist/author Dr. Oliver Sacks and journalist/essayist Christopher Hitchens both openly chronicled their battles with cancer, which claimed their lives in 2015 and 2011 respectively.

David Bowie, the innovative and iconic singer whose illustrious career lasted five decades, died on Jan. 10 after battling cancer for 18 months. THE ASSOCIATED PRESS



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OBITUARY

René Angélil dies at age 73

René Angélil, the entertainment maestro who guided Céline Dion to superstardom and then married her, has died, according to Francine Chaloult, a spokeswoman for Dion. He was 73.

Chaloult said Angélil died Thursday morning at his home in Las Vegas. He had been battling a recurrence of throat cancer. He had an initial surgery in April 1999, battled it successfully, but had to undergo another operation in December 2013.

While Dion and Angélil's entourage insisted he was doing well, Angélil stepped back from the day-to-day management of his megastar wife's career in June 2014. He turned it over to longtime friend Aldo Giampaolo, a noted impresario himself in Quebec, but remained involved in key decisions.

Dion and Angélil, who were 26 years apart in age, married in an elaborate ceremony in 1994 at Notre Dame Basilica in Montreal that drew throngs. Former prime minister Brian Mulroney was among the guests at the ceremony where Dion worn a glittering crystal headpiece.

Angélil and Dion have always been one of entertainment's power couples, owning lavish homes in the United States and Canada but the shrewd entertainment czar sprang from more humble roots.

René Angélil managed his wife Céline Dion's career for over 20 years. JOHN SHEARER/GETTY IMAGES

Angélil was born in Montreal on Jan. 16, 1942, to a Syrian father and a Quebecois mother. He grew up in the city's north-end Villeray district where he showed signs of his future career as he put on little shows for his neighbours. In 1981 he received an audio tape in the mail from Dion's mother, who encouraged him to "listen to it carefully. It's my 12-year-old daughter."

Struck by the voice of the young woman, Angélil quickly took her under his wing. He reportedly mortgaged his home to finance her first album.

Success came quickly and Angélil won Quebec's Felix Award as manager of the year in 1987 and 1988. He gave Dion an image makeover when she turned 18 and launched her first English-language album — Unison — in 1990, which established her as an international pop star.

World tours and megastardom followed under his guidance. Dion's most recent album, 2013's Loved Me Back to Life, topped the charts in Canada before reaching platinum certification four times over.

Dion and Angélil have three children — René-Charles, who was born in 2001 and twins Nelson and Eddy, who arrived in 2010. Angelil also had three children from his previous two marriages. THE CANADIAN PRESS

metro TRAVEL
Your essential daily news
Parks Canada will waive 2017 entrance fees as part of Canada's 150th birthday celebrations

Praising Arizona

SCOTTSDALE

Active living is easy when the sun is shining

Vawn Himmelsbach
For Metro Canada

Scottsdale, Ariz., isn't just for your grandparents — it's come into its own as a top adventure destination. In a single day, you can challenge your quads on a double-black-diamond hike, learn how to rope a calf at a dude ranch and sample your way along the local ale trail.

It still has a cowboy vibe (it was dubbed the West's most Western town in the 1950s), but this former farming community has transformed itself into a base for outdoor adventure, along with a burgeoning culinary and craft beer scene.

Indeed, Scottsdale was named America's No. 2 foodie city in 2014 by Livability.com, thanks to its numerous farmers' markets and award-winning chefs — not to mention nearly 800 restaurants to choose from (don't miss dinner at FnB, where James Beard-nominated chef Charleen Badman whips up elevated vegetable creations, or an unbuckle-your-belt feast at Bryan's Black Mountain Barbeque with some of the best beef brisket in town).

Here's how to make the most of a trip to Scottsdale this winter:

Hiking, biking and climbing

The city's most prominent landmark is Camelback Mountain, shaped like a camel lying down.

With its sheer red cliffs, this 75.8-acre park is a favourite hiking and climbing spot for locals — its two summit trails are double-black-diamond hikes (in other words, not for beginners). It's worth waking up early and starting in the dark — you'll be rewarded with 360-degree views at the summit while you watch the sun rise over the Sonoran Desert.

The many parks and preserves in the area are ideal for hiking, mountain biking and rock climbing, particularly in the winter with temperatures averaging around 21 degrees C.

Scottsdale offers challenges, like a day at a dude ranch and a hike up Camelback Mountain. Above: learning about desert flora is extra fun when you're in a pink jeep. ALL PHOTOS VAWN HIMMELSBACH/FOR METRO

LOONIE LOVE
The Loonie Love in Scottsdale campaign offers perks from partners keen on welcoming their neighbours from the north as the Canadian dollar drops in value.

Craft beer

America's craft beer scene often brings Portland to mind, but Arizona is abuzz with microbreweries — and it's easy to experience what's on tap by walking, biking or taking the free trolley on Scottsdale's downtown ale trail. Don't miss Craft 64, with a rotating selection of 30 Arizona craft beers on tap such as the popular Four Peaks Kilt Lifter. And stop by Sip Coffee & Beer with 19 rotating craft beers on draft and coffee beans provided by local roaster Cartel Coffee Lab. Cartel also brews its own beers, including Coffee Brown, a nut-brown ale made with Cartel coffee beans.

Cowboy College

Scottsdale is home to luxury spas and high-end shopping, but here you can find a slice of the real west. So don't miss a chance to discover your inner cowboy and rope a calf (well, a roping dummy, anyway). The Four Seasons Resort Scottsdale at Troon North offers a Cowboy for a Day package at Arizona Cowboy College, where you'll learn the ropes of horse handling and cattle driving — no easy-peasy trail rides and resort-style cookouts here.

The desert

In Scottsdale, you're always a stone's throw from a Saguaro cactus. But this desert is one of the most bio-diverse on the planet.

Learn more about it at the Desert Botanical Garden, a living museum that features 50,000 desert plants from around the world, with trailside exhibits and art exhibitions. Or, go off-road and get muddy on a Cactus Canyon Adventure with Pink Adventure Tour (yep, in pink jeeps), where learning about flora and fauna is actually fun.

Where to stay

Sanctuary on Camelback Mountain is a luxurious retreat featuring newly renovated ultra-chic mountainside casitas.

Its renowned Sanctuary Spa features an Asian-inspired menu of services; plus, there's yoga, pilates and spinning, along with five tennis courts and an outdoor lap pool. Celebrity chef Beau MacMillan whips up farm-fresh American fare at elements, its fine dining restaurant.

Or, retreat to the AAA Five Diamond Four Seasons Resort Scottsdale at Troon North, with spacious casitas that open onto stunning desert scenery in the cooling foothills of Pinnacle Peak — plus, there's an award-winning spa and possibly the best craft cocktails in town.

5 SAN FRAN CLASSICS TO UP YOUR FOOD GAME

San Francisco is a city that is serious about its food, and with the Super Bowl heading to nearby Santa Clara, the hungry hordes hankering for a taste of the local food scene won't be disappointed. Here's a guide to five foods and drinks San Francisco is famous for and where to find them. **THE ASSOCIATED PRESS**

1 Crab

You can pick up a traditional crab cocktail at one of the many vendors lining **Fisherman's Wharf**. For a different take, try it roasted and served with garlic noodles at **Thanh Long** (4101 Judah St.). Like your crab crispy? Get it shelled, battered and deep-fried at the **R & G Lounge** in Chinatown (631 Kearny St.).

2 Beer

Anchor Brewing has a history that goes all the way back to 1849, when German brewer Gottlieb Brekle arrived with his family. You can get a first-person look at the brewery via tours available most days except holidays. The tours cost $15 per person, take about 90 minutes and conclude with a tasting. Reservations are required; you can make them here: anchorbrewing.com/brewery/tours.

3 Coffee

This is a fully caffeinated city with coffee shops on just about every block. Try **Ritual**, a pioneer in the craft caffeine movement. The flagship location is 1026 Valencia St. in the Mission District. **Blue Bottle**, which began across the bay in Oakland, has a spot in San Francisco's Ferry Building. And for a little extra kick, try the famous Irish Coffee at the **Buena Vista Cafe** in Fisherman's Wharf (2765 Hyde St.).

4 Oysters

Oysters on the half shell are a longstanding San Francisco tradition. For an elegant take with a great view of the Bay Bridge try **Waterbar** (399 The Embarcadero). Starting Jan. 30 dinner will be accompanied by a free light show with the return of the Bay Lights, a display that flashes nightly on the west span of the bridge. Also on the waterfront, **Hog Island Oyster Bar** in the Ferry Building.

5 Sourdough

The region's tradition of sourdough — bread leavened with a wild yeast starter or "mother" dough — dates back to the Gold Rush. **Boudin Bakery**, established in 1849 has a veritable shrine to sourdough at its Fisherman's Wharf location (160 Jefferson St). It includes a museum and demonstration bakery. Another good place to try this crusty creation is **Tartine Bakery** (600 Guerrero St.).

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ROCK 'N' ROLL

Berlin, the city where Bowie got his groove back

Fans pay their respects outside of David Bowie's former home in Berlin. ODD ANDERSEN/AFP/GETTY IMAGES

Berlin mourned the late rock legend David Bowie this week, whose career the long divided-city helped relaunch and which now credits him with playing a part in toppling its despised Wall.

Bowie lived in West Berlin for three years in the 1970s, when he was wearied by fame and trying to kick the addictions that threatened to make him just another rock 'n' roll casualty.

It was a fruitful time creatively, producing three albums including Heroes, with what became the iconic Cold War anthem as its title track.

The singer eventually moved away, settling in New York, but Berlin never forgot Bowie and his glamorous ghost haunts the now reunited capital, where locals laid bunches of flowers and candles in front of his former building at Hauptstrasse 155 in the Schoeneberg district.

While recording at the Hansa Studios in West Berlin, next to the border where East German guards had shoot-to-kill orders, Bowie famously spied a couple locked in a passionate embrace.

The scene gave rise to the song's soaring lyrics, "I can remember/Standing by the wall/And the guns shot above our heads/And we kissed, as though nothing could fall," conjuring a world in which love and youth could conquer all divides.

He later gave a 1987 televised concert in front of the Reichstag building in West Berlin next to the Wall that led hundreds of young East Berliners to rush to the border to listen to the superstar. Their shouted demands that "the Wall must go" sparked a riot that truncheon-wielding East German police moved in to crush.

It would only be another two years before the protesters' wish came true.

Bowie arrived in Berlin in 1976 a dirt-broke superstar.

"I spent most of my time with Iggy (Pop) and basically we tried to get away from the state we were in when we lived in the U.S.," Bowie said in 2002.

He said Pop was wont to raid his refrigerator for the delicacies he picked up at the posh KaDeWe department store, and accompanied him on endless nights at the fabled Dschungel bar.

Bowie stunned the city again when he released a new single out of the blue on his 66th birthday. The wistful track entitled Where Are We Now? featured a video showcasing the Reichstag building, Potsdamer Platz and his old West Berlin flat. AFP

TRAVEL NOTES SURF'S UP, SHANGHAI & REMOTE VIEWING

Women-only surf spas make waves

There's nothing new about surf tourism. But experts have noted an "explosion" of all-female surf retreats that offer surf classes as well as spa services. When the waves aren't breaking, for instance, guests can partake in oceanfront yoga, or relieve sore muscles with a massage. Likewise, hotels are recognizing surfing as a particularly effective form of fitness. AFP

Surfing spas are on the up and up. SHUTTERSTOCK

Disney to finally open Shanghai theme park in June

Disney's long-awaited theme park in China's commercial hub Shanghai will open on June 16. The $5.5 billion facility will feature everything from an Enchanted Storybook Castle — the tallest in any Disney park — to a Toy Story-themed hotel and a theater with a Chinese-language production of the Broadway hit The Lion King. But Walt Disney Co. also says the park will reflect China's own culture. AFP

Disney promises the park will reflect local culture. CONTRIBUTED

Adventure Cruise company offers trip to the end of earth

Adventure cruise company Oceanwide Expeditions, which specializes in excursions to polar regions, has a new expedition scheduled for 2017 taking travellers to the Ross Sea in Antarctica. This polar region is challenging to navigate, but it's a dream come true for intrepid adventurers looking to visit one of the most remote and extreme locations on Earth. AFP

The really, really remote Ross Sea. ISTOCK

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How to save on sunny travel in 2016

ADVICE

Travel expert says timing is key for getting a great deal

When it comes to saving money on travel, when you go is as important as where you go.

We checked in with Mark Murphy, founder of TravelPulse.com, to find out the best destinations for warm weather getaways that won't break the bank, and the best times to book them.

Not surprisingly, Murphy, who also publishes two magazines geared towards travel agents and organizes the Travvy Awards (touted as the Oscars of the industry), suggests using an agent — but he had some pretty convincing reasons why.

Is Mexico calling to you? Cancun has great value right now, travel expert Mark Murphy says. ISTOCK

When to go

"The key if you're looking for great value is finding the gaps," Murphy says. "Between Thanksgiving and Christmas is one of the best times to travel because it's cheap. The resorts empty out, and they don't fill back up until the Christmas holiday. Right now is another great time to travel — you could have booked something for now for half the price as what you would have paid two weeks ago to travel over the holidays."

But that won't hold true for long. The next few months is the busy time for destinations like Mexico, Florida and the Caribbean, Murphy says. And then there's a drop off again: "Any warm weather destination will see a dramatic drop in pricing right after the Easter break, and especially in May — that tends to be a really soft month, so it's a great time to get away and have the same exact experience as someone who paid twice as much to go another time," he says.

Cancun isn't just for spring breakers

If you're looking for a beach destination, Cancun is one of the best values, Murphy says. And if you go with an all-inclusive resort, you'll know all your costs up front.

"People perceive the all-inclusive market as the way it was 10, 20 years ago, with buffets lines and things like that, but it's really evolved and gone into the luxury space," he says.

"One example at the high end is the five-star, all-inclusive resort Grand Velas in the Riviera Maya region — I sent people there who are big-time foodies, and they could not say enough good things about it."

Murphy also suggests the luxe Le Blanc, an all-inclusive adults-only property with butler service, or the Hyatt Ziva if you're bringing the whole family.

Don't go it alone

Murphy's pro tip? Hire a pro. All signs point to travel agents, once declared obsolete, making a comeback.

"The price you pay for doing all the work yourself is the same price you pay if you book through a travel agent. It's a myth that it's cheaper to book on your own," Murphy says.

In fact, it can be cheaper to use an agent: "The Marriott in Cancun, for example, will give you the same price no matter where you book, if it's the Marriott site or Expedia," he explains.

> **People perceive the all-inclusive market as the way it was 10, 20 years ago, with buffets lines and things like that, but it's really evolved**
>
> Mark Murphy, founder of TravelPulse.com

"But if you book with a travel agent, you might get an unpublished value-added offer (such as a dining credit) that is only available through an agent."

Not only can a travel agent score you savings, plus sift through the overload of information so you don't have to, they're also a resource if something goes wrong on the trip.

"If there's a problem with the hotel, you can call the agent and ask them to fix it," he says.

"So now you have an advocate who's going to deal with it."

RACHEL VIGODA/METRO IN NEW YORK

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Patrick Chan is adding a triple Axel to his long program, cranking up the difficulty in time for the Canadian championships in Halifax

OBITUARY

Barker remembers the late Phillips

Jim Barker saw the good and bad that was Lawrence Phillips.

Barker was the Montreal Alouettes' offensive co-ordinator when Phillips ran for over 1,000 yards and helped the squad win the 2002 Grey Cup.

The following season, he was the Calgary Stampeders' head coach when he had to give Phillips his walking papers at the midway point in the year.

"I was the last guy to coach him in pro football," Barker, now the Toronto Argonauts' GM, said via telephone from Arizona on Thursday. "He'd been acting up again so I told him I needed to see him in my office.

"He came in and I said, 'You know, I've got to let you go,' and he said, 'I know.' And then this kind of epitomizes Lawrence Phillips to me, he said, 'Jim, I'm sorry, I don't know why I do what I do.' From a football standpoint there was no one who worked harder at it ... but ultimately it was the other things that brought him down."

Phillips, 40, was found dead Wednesday in a California jail cell. Officials suspect he committed suicide.

THE CANADIAN PRESS

GLORY DAYS

Phillips starred at Nebraska before going sixth overall in the 1996 NFL draft to the St. Louis Rams. He was cut in 1997 for insubordination and played with the Miami Dolphins and San Francisco 49ers before joining the Montreal Alouettes in 2002.

NFL IN BRIEF

St. Louis fans sue Rams, allege false statements

Rams owner Stan Kroenke and others violated Missouri law by lying about their desire to keep the NFL team in St. Louis, according to a lawsuit filed by fans that seeks class-action status and unspecified damages.

The suit was filed Wednesday in St. Louis Circuit Court, one day after NFL owners voted to allow the Rams to relocate to suburban Los Angeles for next season. THE ASSOCIATED PRESS

Kelly hired as 49ers' coach

Chip Kelly is the offensive-minded, experienced head coach the San Francisco 49ers have long sought, and now he needs to win — right away.

The 49ers hired the former Eagles coach on Thursday, finding the leader CEO Jed York is counting on to turn things around for his once-proud franchise.

Kelly was fired by Philadelphia after Week 16 with one game left in his third season as coach.

THE ASSOCIATED PRESS

Travis Kelce's Chiefs meet Rob Gronkowski's Patriots on Saturday in Foxborough, Mass. THE ASSOCIATED PRESS FILES

Clash of the tight ends

NFL PLAYOFFS

Gronkowski vs. Kelce riveting sideshow to Chiefs vs. Pats

Travis Kelce has always been competitive, whether it was on the playground as a kid, the Cleveland Heights football field in high school, or inside Nippert Stadium at the University of Cincinnati.

It didn't change when he was drafted by the Kansas City Chiefs, either. If anything, the tight end became even more competitive, setting a goal to be the best player at his position in the NFL.

And on Saturday, he'll have his biggest platform yet to state his case when the Chiefs visit the New England Patriots in the divisional round of the playoffs. On the other sideline? Rob Gronkowski, considered to be the best tight end in the game.

"I have no control over what that guy does. He has no control over what I do," Kelce said.

"Rob's been an outstanding tight end, needless to say — all the stuff he's been able to do in the league. But we're in a single-elimination game. I have no focus or care for what that offence does." Nor does Gronkowski care what the Kansas City offence does. Both tight ends are focused on beating the opposing defence, not beating each other in catches or yards or touchdowns. It sure is an interesting game within the game, though.

Gronkowski was the Patriots' leading receiver with 1,176 yards this season, while Kelce was the Chiefs' second-leading receiver with 875. That put both of them in the top four in the AFC among tight ends, with Gronkowski at the peak of the ladder and Kelce just a few rungs below. They are also first and fourth, respectively, in yards receiving over the past two years. But it's Kelce who has the most yards-after-catch among tight ends over that time with 1,045. Gronkowski is next at 1,022, another example of just how closely they mirror each other.

"We see a very good tight end in practice every day, so that's great. Very challenging for us," Patriots defensive co-ordinator Matt Patricia said. "But there's a lot of good tight ends in the league. (Kelce) is certainly one of the better ones."

His performance in last weekend's wild-card win over Houston proved it. Kelce had eight catches for 128 yards, the third-most productive performance in a playoff game in franchise history.

"Kelce's good. He's explosive," Patriots cornerback Patrick Chung said. "He's explosive, good hands, good run-after-the-catch. That's key with him. He's good. He wouldn't be in the playoffs — that team wouldn't be in the playoffs — if he wasn't good."

THE ASSOCIATED PRESS

DIVISIONAL ROUND MATCHUPS

AFC: Kansas City (11-5) at New England (12-4), Sat., 4:30 p.m. ET
AFC: Pittsburgh (10-6) at Denver (12-4), Sun., 4:40 p.m. ET
NFC: Green Bay (10-6) at Arizona (13-3), Sat., 8:15 p.m. ET
NFC: Seattle (10-6) at Carolina (15-2), Sun, 1 p.m. ET

We're in a single-elimination game. I have no focus or care for what that offence does.

Chiefs tight end Travis Kelce on his counterpart, Rob Gronkowski, and the Patriots

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Caps fete Ovi with a win

NHL

Canucks chased as Washington celebrates 500-goal milestone

On the night Alex Ovechkin was honoured for his 500th goal, fellow Russian forward Evgeny Kuznetsov had two goals and an assist and the Washington Capitals beat the Vancouver Canucks 4-1 Thursday for their fifth straight victory.

Kuznetsov scored his 14th and 15th goals of the season and set up Tom Wilson on a night the Capitals got a rare goal from defenceman Karl Alzner and 29 saves from Braden Holtby.

Holtby has gotten the Capitals at least a point in each of his past 22 games and passed Don Beaupre for second in franchise history with his 129th win.

THURSDAY In D.C.

4	1
CAPITALS	CANUCKS

In his return from an eight-game absence with a groin strain, Vancouver's Ryan Miller allowed three goals on 39 shots.

Radim Vrbata scored for the Canucks, who were beginning a six-game Eastern Conference trip.

Before the game, the Capitals celebrated Ovechkin becoming the 43rd player in NHL history to reach the 500-goal milestone. THE ASSOCIATED PRESS

Capitals defenceman Karl Alzner celebrates with teammates after scoring against Vancouver Canucks goalie Ryan Miller on Thursday night in Washington. ALEX BRANDON/THE ASSOCIATED PRESS

NBA

Overtime calls for Raptors in London

The Toronto Raptors are becoming accustomed to putting in extra effort on their trans-Atlantic trips.

Kyle Lowry scored 24 points, Cory Joseph had 19 and the Raptors won their fourth straight game Thursday, holding off the Orlando Magic 106-103 before a sold-out crowd at London's O2 Arena.

The last time the Raptors (25-15) visited London, back in March 2011, they lost in triple overtime to the Nets, a see-saw game that saw DeMar DeRozan and former Raptors centre Andrea Bargnani both miss last-second shots.

This time, DeRozan had 13 points and 11 rebounds as the Raptors avenged a Nov. 6 loss in Orlando that spoiled Toronto's franchise-best 5-0 start.

Seven Raptors reached double figures, with Jonas Valanciunas scoring 13, and Bismack Biyombo, Patrick Patterson and Luis Scola each getting 11.

Victor Oladipo scored 27 points and Evan Fournier had 21 as Orlando (20-19) lost for the sixth time in seven games.

Nikola Vucevic had 17 points and 11 rebounds for the Magic, while Tobias Harris had 16 points and 11 boards.

Canadian Andrew Nicholson came off the bench for the Magic, scoring six points in three minutes.

Two free throws by Lowry put Toronto up 105-100 with 43 seconds left in overtime, but Oladipo answered with a three-pointer.

After a missed shot by Lowry, he redeemed himself by stealing the ball from Oladipo and drawing a foul from Harris. Lowry made one of two, making it a three-point game. THE CANADIAN PRESS

The Raptors' DeMar DeRozan drives to the basket against the Magic on Thursday. NBAE VIA GETTY IMAGES

IN BRIEF

Isles win battle of New York

Brock Nelson and Nick Leddy scored 2:24 apart early in the third period to rally the New York Islanders to a 3-1 victory over the crosstown-rival Rangers on Thursday night.

Jaroslav Halak stopped 34 shots to beat Rangers goalie Henrik Lundqvist for the eighth straight time, including five wins with the Islanders. Kyle Okposo added an empty-netter with less than two seconds left. THE ASSOCIATED PRESS

Singh shines in Hawaii

Vijay Singh opened with a 7-under 63 for a five-way share of the lead and a score just good enough to beat players in his own age group at the Sony Open in Honolulu.

Singh, who turns 53 next month and could be the oldest PGA Tour winner in history, narrowly missed an eight-foot eagle putt on his final hole Thursday and still posted his best score in 19 years playing Waialae Country Club. THE ASSOCIATED PRESS

RECIPE Deli Quesadillas

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Let's finish off the week easy, shall we? Stop by the deli counter on your way home and pick up some sliced meat and dinner will be halfway made.

Ready in
Prep time: 15 minutes
Serves 2

Ingredients
- 12 to 16 slices of roast turkey or deli turkey
- 2 apples, thinly sliced
- 50g white cheddar cheese, thinly sliced
- 4 whole wheat tortillas
- 2 teaspoon olive oil

Directions
1. Place a skillet over medium low heat and add 1/2 tsp of oil.

2. Place your tortillas in the pan. Arrange your cheese slices across one half of the tortilla. Then layer 1/4 of the apple slices and four slices of meat on top of that.

3. Cook until tortilla is beginning to brown on the outside and the cheese begins to melt. Fold the tortilla in half and flip to warm the other side, about 1 minute. Remove the quesadilla to a clean cutting board. Repeat until you have 4 quesadillas. Slice the quesadillas in triangles and serve with a salad.

If you're using these in a packed lunch. Allow them to cool before storing in an airtight container in the refrigerator. Reheat quesadillas in the morning and then pack in a thermal lunch container.

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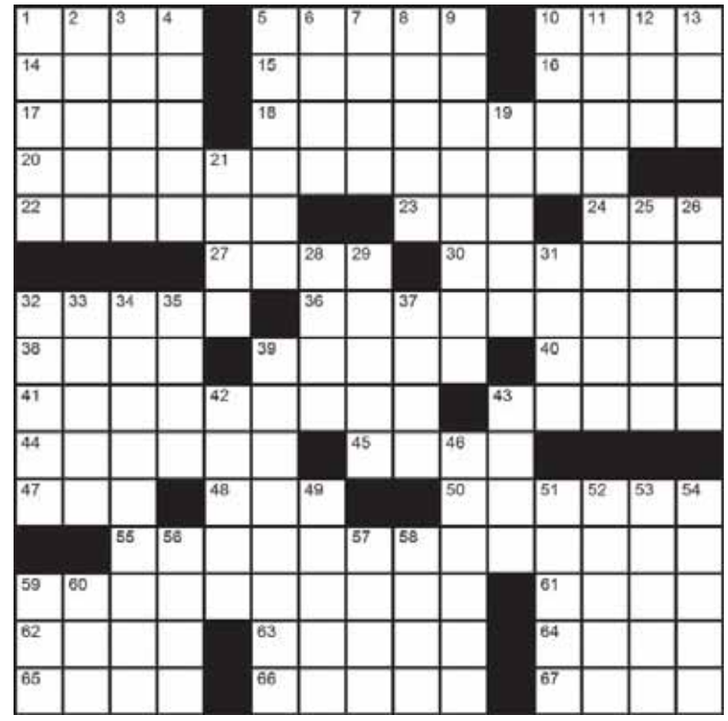
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ms. Sommer
5. _ _ _ _ (Three multiple choice options)
10. New Zealand fruit
14. Grinding factory
15. Ms. Palin
16. Phoenix locale [abbr.]
17. Downright nasty
18. Kitchen backsplash choice: 2 wds.
20. Best Actress in a Movie Made for Television or _ _ _ (One of two categories in which Rachel McAdams is a Critics' Choice Awards nominee for this weekend's ceremony)
22. Company's experience-getter
23. Knock
24. 100 [abbr.]
27. American state
30. Casino card game gig
32. Analyze
36. Canadian pairs skaters Sale & Pelletier won 2002 Olympic gold for their performance to what movie theme music?: 2 wds.
38. Faux/artificial, briefly
39. Showbiz legend Ms. Day
40. _ Scotia
41. Moisturizer variety: 2 wds.
43. Wished
44. Egyptian Myth: Scarab-headed god
45. Medieval labourer
47. "Clumsy" band, briefly
48. Ms. Gardner
50. Prophet
55. The Guess Who song: 2 wds.
59. Big river in New Brunswick
61. Musician Mr. Puente
62. _ Sound, Ontario
63. Baronial
64. Smelly
65. Ernie's muppet friend
66. Rose parts
67. Network of nerves

DOWN
1. "My Kind of Love" singer Ms. Sande
2. "Easy _": 1972 Uriah Heep tune
3. Austrian painter, Gustav _ (b.1862 - d.1918)
4. Ms. Kemper of "Bridesmaids" (2011)
5. Acquiesce
6. Telecom speed unit
7. Royal symbols
8. More uncooked
9. Acting/guessing party game
10. "_ & Leopold" (2001)
11. It's an 'Eire-ea' of Newfoundland to explore on a scenic drive: 2 wds.
12. Mr. Wheaton
13. 'Final' suffix (Settle)
19. "Holy smokes!"
21. Honest
25. Boldness
26. Mythological tree nymph
28. Lotion ingredient
29. Greek Myth: Season goddesses
31. _ _ extra cost
32. Canadian actress, Cara _
33. Menotti opera, _ and the Night Visitors
34. The 'wrap' of a veggie wrap: 2 wds.
35. Footprint
37. Vitalities
39. Retro outdoor movie-going venues
42. Beach 'hermits'
43. Olympian queen
46. Nick of "The Deep" (1977), and surnamesakes
49. Specialized vocabulary
51. Character in 1997's "Titanic", John Jacob _ IV
52. Country in a 2010 mining rescue operation
53. Rolling Stones album: '_ _ Bleed'
54. Wear away
56. Laundry accumulation
57. Toothpaste holder
58. Movie
59. San Francisco's _ Hill
60. Female sheep

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
With Mercury in retrograde, you would be wise to think before you speak, especially on the work front. Weigh your words carefully. Do they really have to be said?

Taurus April 21 - May 21
You will get through chores, at home and at work, in record quick time today. You will also reach a decision about an offer you have been in two minds about taking.

Gemini May 22 - June 21
Be very careful what you choose to believe today because the planets warn you will be open to negative propaganda. Anyone who tells you to follow their lead is not to be trusted. Listen to your inner voice.

Cancer June 22 - July 23
Your powers of persuasion are usually very good but they may fail you today. You're trying too hard to convince others, and that makes them suspicious. Aim to be less forceful.

Leo July 24 - Aug. 23
People in positions of power will say good things about you today but don't think you can rest on your laurels. You have gone up in their estimation, but you must work even harder to maintain your position.

Virgo Aug. 24 - Sept. 23
As Mercury is linked to luck planet Jupiter today you'll get away with things today, but that's no excuse to behave badly. People will respect you more if you respect them.

Libra Sept. 24 - Oct. 23
There is no reason to hold back: give it all you've got and show the world what you are capable of. If you've been thinking about changing jobs or location now is the time to do it.

Scorpio Oct. 24 - Nov. 22
In your hurry to get ahead don't forget that other people have feelings too. Be careful what you say to work colleagues today because if they feel you are being unfair they will turn against you.

Sagittarius Nov. 23 - Dec. 21
Anyone who disagrees with you will wish they had kept their opinions to themselves. Mercury linked to Jupiter means you won't hesitate to point out their faults and failings.

Capricorn Dec. 22 - Jan. 20
Do what has to be done and worry about the consequences later. The results will speak for themselves, so pay no mind if your attitude upsets other people.

Aquarius Jan. 21 - Feb. 19
You can afford to be optimistic and you can afford to take risks. A money-making opportunity will come your way. Don't waste time thinking about it — take action!

Pisces Feb. 20 - March 20
If you are told something of a privileged nature you must keep it to yourself. With Mercury, planet of communication, linked to Jupiter, planet of excess, there is a danger you will let slip information.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	5		9		8		7	
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DON'T LIVE IN THE PAST

Past experience should serve as stepping stones to your lifting. Rather than looking back at your pitfalls, focus on the glorious future - a reminiscence of Apostle Paul's admonition which says, "Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus."
(Philippians 3:13 & 14 NKJV)

For prayers and counseling call the pastor at 587.579.0454

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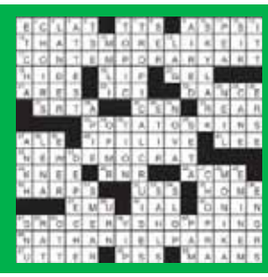

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7	4	2	9	3	8	5	6	1
3	5	8	1	6	2	7	4	9
4	2	7	5	9	1	3	8	6
8	3	1	6	2	7	4	9	5
9	6	5	4	8	3	1	2	7

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